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OTTAWA metro®
Thursday, January 24, 2013
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Spence agrees to end hunger strike

42 days. Attawapiskat chief and supporters still want meeting with PM, Governor General

Chief Theresa Spence, the leader of northern Ontario's remote Attawapiskat First Nation, has agreed to end her hunger protest after six weeks of forgoing solid food, her spokesman said Wednesday.

Spence has been subsisting only on fish broth and medicinal tea since Dec. 11 to push for a meeting between First Nations leaders, the prime minister and the Governor General.

Both she and Elder Raymond Robinson, who has been engaged in a similar protest, have agreed to stop, spokesman Danny Metatawabin said in a statement.

The breakthrough comes after a coalition of Liberal and NDP politicians and First Nations chiefs agreed to a declaration spelling out 13 specific demands for continuing negotiations between First Nations and the federal government.

The declaration calls for improvements to housing and schools on reserves, as well as an immediate meeting between the Governor General, the federal and provincial governments and all First Nations.

It also says historic treaties that originally defined the relationship between many First Nations and Ottawa should be modernized and fully implemented within five years.

"We fully commit to carry forward the urgent and co-ordinated action required until concrete and tangible results are achieved in order to allow First Nations to forge their own destiny," the preamble to the draft declaration reads.

Numerous other chiefs and band councillors from the northern Ontario region around Attawapiskat are travelling to the capital to be part of the Thursday procession.

The resolution will likely serve to maintain pressure on the Conservatives as MPs return to the House of Commons next week after their Christmas break.

Not only will Harper face criticism for allowing First Nations unrest to boil over, but he will also face fresh demands to revisit environmental oversight that was dramatically changed in the government's two controversial omnibus budget bills.

"We have political and legal and constitutional issues to deal with. That's the road that Mr. Harper has chosen," said NDP critic Romeo Saganash.

THE CANADIAN PRESS

Eyes on the prize

"The chiefs in Manitoba agree to continue the fight that will bring expedient fundamental change."
Manitoba chiefs, in a joint statement

Attawapiskat Chief Theresa Spence, wearing a headdress, is shown in Ottawa on Jan. 11. Discussions to resolve Chief Theresa Spence's six-week-long hunger protest have intensified over the past few days and have reached a critical point, say sources close to the talks. FRED CHARTRAND/THE CANADIAN PRESS

Thumbs up if you're addicted to Facebook

Know that you're not alone, and there is help if you're ready PAGE 8

In your 30s? ♥ boy bands?

There's only one way to tell if they're more or less dreamy decades on: NKOTB, Boyz II Men and 98 Degrees are touring this summer PAGE 22

It means 'Drink Up'

Le Festibière d'hiver de Gatineau is one way to embrace the season. Beer, bonfire and bacon brownies anyone? PAGE 26

The skinny on your jeans

It may be a First-World problem, but it's still very real: What shoes do you wear with those pants? PAGE 24

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Oh cold snap! But only until Monday, meteorologist says

People brave the brisk weather as a cold snap grips the city on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

No record. The cold on Wednesday wasn't enough to break the record -31 C set for the city back in 1976

JESSICA BEDDAOUI
ottawa@metronews.ca

The temperature in Ottawa is expected to return to a seasonal norm by Monday, but until then wind chill and frostbite warnings remain in effect.

"Thursday and Friday will start to warm up a little bit but still below normal," said Ria Alsen, meteorologist with Environment Canada.

"We are under a ridge of high pressure until then, so really clear skies and really cold temperatures."

Despite temperatures reaching a low of -28 C and feeling like -40 C with the wind chill on Wednesday, the nation's capital didn't officially break the record of -31 C set back in 1976.

But Environment Canada does not keep track of windchill records so it could have been colder.

"We haven't been record-breaking with the temperatures, but we were close," said Alsen.

Experts at Ottawa Public Health (OPH) say that exposed skin can freeze in less than 10 minutes with a wind chill of -35 C or colder and are recommending that anyone who has to go outside wear several layers of clothing.

OPH also suggest that outer layers of clothing can protect from wind and wetness.

Retired N.J. cop accused of aggravated sexual assault

Ottawa police have charged a New Jersey man with aggravated sexual assault for allegedly not disclosing the status of his infectious medical condition to an Ottawa woman he had sex with.

An arrest warrant was issued for Charles Martina, 65, of North Plainfield, N.J., Wednesday, and anyone who had sexual contact with him is asked to contact police.

The Somerset County Prosecutor's Office charged a North Plainfield man with the same name in October 2011 for allegedly not disclosing his positive HIV status to two of his sexual partners in New Jersey. Ottawa police won't confirm Martina's medical condition is HIV, nor will they say if he is the same man as the Charles Martina charged in New Jersey.

Ottawa police said Martina has been known to travel to the Ottawa Valley for fishing trips for many years, including the Highway 17 corridor leading to northern Ontario.

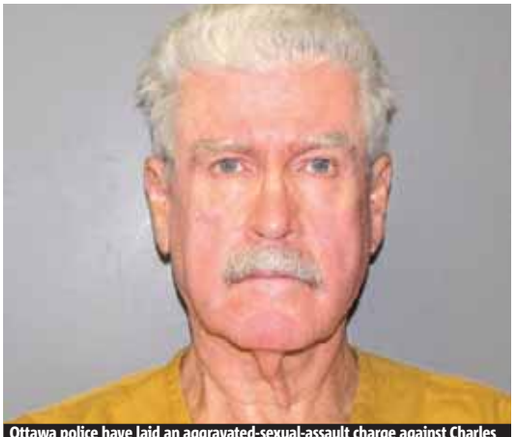
Media reports say he is a retired New Jersey police captain.

Insp. John Maxwell with the Ottawa police said the Ottawa woman engaged in an intimate relationship with Martina between July and September 2006.

There was a long gap in the investigation, Maxwell said, because investigators had to obtain Martina's medical records in the U.S.

Jack Bennett, public directorate with the Somerset County Prosecutor's Office, told Metro in an email Martina's case is "still active and he is awaiting a status conference hearing in March 2013."

An Oct. 11, 2011, news release from the department said Martina was arrested Oct. 7, 2011, and charged with two counts of diseased person committing an act of sexual penetration in the third degree.



Ottawa police have laid an aggravated-sexual-assault charge against Charles Martina, 65, of North Plainfield, N.J. POLICE HANDOUT

Ottawa police are asking anyone who has had sexual contact with Martina to contact the Ottawa police partner-assault section at 613-236-1222 extension 5407 and seek the advice of their health-care provider. JOE LOFARO/METRO

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Mayor pushes for recycling bins on major streets

Jim Watson. Annual state-of-the-city address emphasizes waste reduction, use of city hall

ALEX BOUTILIER
alex.boutilier@metronews.ca

Opening up Ottawa City Hall for citizens' use as well as increasing recycling options on major city streets are on the agenda for 2013, according to Mayor Jim Watson.

Watson announced the two goals in his annual state-of-the-city address at a council meeting Wednesday morning. The mayor wants Ottawans to come to city hall not only "to pay their taxes or get a permit."

"Last year, staff tells me that more than 115,000 people came to city hall for various events," Watson told council. "But in a city of 900,000, I think we can do better."

Mayor Jim Watson
SEAN MCKIBBON/METRO

Watson also wants recycling bins on major city streets.

"If we put out garbage cans, we should be equally vigilant in ensuring they stand beside recycling receptacles."

If these sound like modest goals for a year in a major Canadian city, it's likely because most of the attention at Ottawa City Hall is going to be devoted to the major projects already set in motion.

This year, the city will see work begin on the $2.13-billion Confederation Line, and work continues on the $340-million Ottawa on the Move plan and the $350-million Ottawa River Action Plan. Work is already underway on the redevelopment of Lansdowne Park.

Although Watson did not touch on it in his speech, the city is also embarking on a major planning review. Beginning in 2013, city staff will be holding consultations on the Official Plan, the Transportation Master Plan, the Infrastructure Master Plan, as well as the Cycling Plan and Pedestrian Plan. Those consultations kick off next Tuesday at city hall.

Francois Lapointe, vice-president of capital planning with the NCC, stands in front of a painting of the Mer Bleu Bog in the greenbelt. JESSICA BEDDAOUI/FOR METRO

Ottawa airport step closer to building third runway

The National Capital Commission (NCC) has agreed to hand over a stretch of greenbelt land to the Ottawa Macdonald-Cartier International Airport (OMCIAA) to build a third runway.

At a public board meeting on Wednesday, Francois Lapointe, vice-president of capital planning with the NCC, recommended that the board endorse the airport lands being removed from Greenbelt designation and authority.

"There's some vegetation ... as you move to the south: It's really gruffy vegetation. Our hope is really to make it, to evolve it, as a natural link over time, to manage it as an environmental area and work very closely with the airport on that," Lapointe said.

Local farmer Doug Woodburn attended the meeting to hear what NCC board members had to say about agriculture potential in the greenbelt.

"The NCC has thousands of acres of agricultural land that is not doing or growing to its potential," said Woodburn, who grows soybeans, sweet corn and hay on his east-end farm. "But the airport is far more important. It's a fabulous thing in Ottawa and should be expanded. Let the airport get as big as it wants and as efficient as it wants because it is really important to commerce in the Ottawa area."

The agreement is still in the early stages — it could take up to 20 years for a third runway to be built, Lapointe said.

JESSICA BEDDAOUI/METRO OTTAWA

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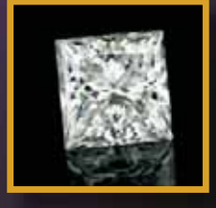

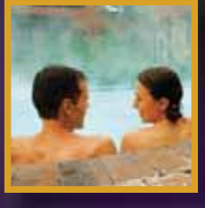

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Star sighting. Hemsworth, Cyrus keep warm at downtown Chapters-Indigo

From left, Mounir Khoury, Brittney Serwetnyk, Miley Cyrus and Liam Hemsworth at the Rideau Street bookstore on Tuesday. @LSERWETNYK/TWITTER.COM

Celebrities have been known to pop into the Chapters-Indigo on Rideau Street from time to time, but employee Mounir Khoury never thought he'd see The Hunger Games actor Liam Hemsworth and fiancée Miley Cyrus stroll through his store on a chilly Tuesday night.

"One of my coworkers said, 'Hey, Miley Cyrus is over there.' And I was like, 'What? Are you kidding? What do you mean Miley Cyrus is here?'" recalled Khoury Wednesday.

The American singer-actress and Australian actor just wrapped up a romantic getaway in Costa Rica, according to media reports, but the couple caught many people off guard with a stop in Ottawa.

"It was a little surreal," said Khoury. "They just said they were just passing through for the day for work. ... I don't think that meant that they were here for work. It was probably just a connecting flight or something."

A photo posted to Twitter of Khoury and his co-worker Brittney Serwetnyk posing with the Hollywood stars quickly ignited a firestorm of tweets from ecstatic teenage girls. JOE LOFARO/METRO

Debt

Great Canadian Theatre Co. gets $250K grant

Ottawa City Hall will grant another $250,000 to the Great Canadian Theatre Company to pay down their capital debt.

Council arrived at the decision after heated debate during a meeting Wednesday morning. The grant, a full half of the money set aside for cultural-institution grants for the year, will go to paying down the $870,000 in debt the GCTC carries from the construction of the Irving Greenberg Theatre on West Wellington.

ALEX BOUTILIER/METRO

Recommendation

Council mulls ditching LEED certification

Ottawa city council has sent back a recommendation from its environment committee that said the city shouldn't bother with LEED certification. Some councillors are frustrated about the cost of certifying buildings under LEED — an internationally recognized standard for energy-efficient buildings — and the time certification takes.

The committee recommended continuing to build with LEED standards, but forgoing the actual certification process.

ALEX BOUTILIER/METRO

Messages like "Abortion is murder" and "Queers are awesome" appear in this photo of the "Free Speech Wall" at Carleton University before a student tore it down Tuesday. PHOTO COURTESY OF MATT BUFTON

Carleton investigating after student tears down 'Free Speech Wall'

Campus controversy. Replacement wall up, but for how long?

JOE LOFARO
joe.lofaro@metronews.ca

Campus Safety at Carleton University said it is investigating following an uproar concerning a "Free Speech Wall" in the Unicentre Galleria, which was torn down by a student activist Tuesday.

Ian CoKehyeng, founder of Carleton Students for Liberty, told the National Post he set up the large, paper-covered structure to promote "the competition of ideas."

But, on Tuesday, Carleton student Arun Smith tore it down, charging that the wall ventured into hateful and homophobic territory with written statements like "abortion is murder" and "I like traditional marriage."

In a lengthy post addressed to Carleton president Roseann Runte later that day, Smith confessed to tearing down the wall and wrote that he accepts full responsibility. Others commented in support of his action, which he described as "a moral imperative."

"Further, to organize for this 'wall' to be erected during our Pride Week, where our communities are supposed to be able to seek liberation and celebrate our diversity, is offensive, ill-considered, and dangerous," wrote Smith.

The university said a replacement wall has been erected and remains in the Galleria.

In an emailed statement to Metro, the university said it is investigating the removal of the first wall, but declined to provide further comment.

Follow Joe Lofaro on Twitter @giuseppelo

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SHAME ON YOU, JIM WATSON

Mayor Jim Watson wanted a downtown casino and stacked the odds to ensure City Council was forced to vote his way.

Secret meetings with the Ontario Lottery and Gaming Corporation (OLG) and avoiding adequate public consultation resulted in an early vote before a complete staff report on a proposed Ottawa Casino was available to Council.

Due consideration and thorough public consultation was good enough for Toronto and Hamilton but Mayor Watson greased the wheels to secure the vote he wanted in Ottawa.

To ensure he got Council's support, the Mayor collaborated with the OLG knowing they had already said they would prefer a downtown casino. Now Jim Watson says Council's previous endorsement to expand the Rideau Carleton Raceway Slots site is just a "consideration".

If Jim Watson will let the OLG decide where to put a casino in Ottawa, what else will he decide for Council?

Contact your City Councillor and demand Council revisits this tainted decision before it is too late.

♣ ♦ ♠ ♥

Write ncrhha@gmail.com to help us hold the OLG and council accountable.

Mayor Jim Watson 613-580-2496		
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Allan Hubley	Ward 23 — Kanata South	613-580-2752
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Bob Monette	Ward 1 — Orléans	613-580-2471
Shad Qadri	Ward 6 — Stittsville	613-580-2476
Mark Taylor	Ward 7 — Bay	613-580-2477
Tim Tierney	Ward 11 — Beacon Hill-Cyrville	613-580-2481
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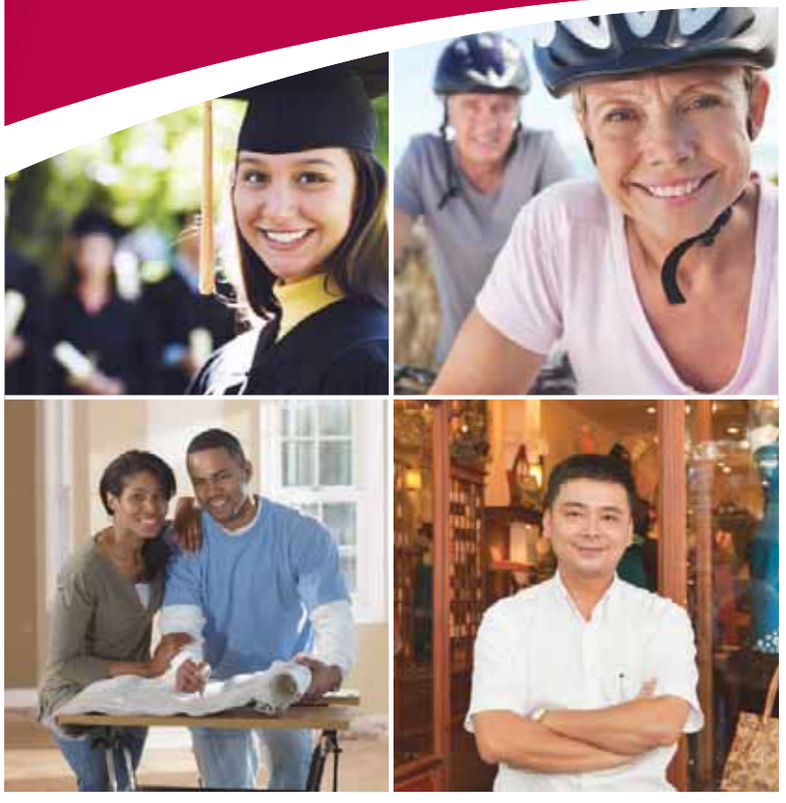

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FAddict's Toronto-based developers have bets going on whether some heavy Facebook users will be able to abstain for an entire month. ISTOCK

Facebook or five bucks — the choice is yours

Social-media addiction. New website helps you stay off Facebook by targeting your wallet

LUKE SIMCOE
Metro Online

Are you addicted to Facebook? If so, the folks at FAddict want to help.

Created by Faisal Abid and Charlie Mclean of Toronto's Dynamatik — a startup that helps other startups — the website's premise is simple: Pay $5 and deactivate your account. If the account remains untouched for 30 days, you'll get your money back.

If you give in and try to sneak a wall post or stalk your old flame, then Abid and Mclean will take your five bucks and donate it to the Centre for Addiction and Mental Health.

"Because it's about Facebook addiction, we thought we should give the money back to mental health," Abid said.

The site was created last weekend after the Dynamatik duo challenged themselves to see how quickly they could develop a working application.

"We literally made the whole thing in three hours," said Abid.

In 2010, Facebook's lawyers hit a similar service, known as the Web 2.0 Suicide Machine, with a cease-and-desist letter. Abid and Mclean are hoping to avoid the same fate by not using Facebook's API. Instead, FAddict simply queries a user's unique Facebook URL. If the site returns an error message, they know the account is still dormant.

You in?

By Wednesday, more than 20 people had signed up to try to quit Facebook. None of them have failed — yet.

- To sign up, visit faddict.io.

United States

Ban on women in combat lifted

Senior U.S. defence officials say Pentagon chief Leon Panetta is removing the military's ban on women serving in combat, opening hundreds of thousands of front-line positions.

The groundbreaking move recommended by the Joint Chiefs of Staff overturns a 1994 rule prohibiting women from being assigned to smaller ground-combat units. Panetta's decision gives the military services until January 2016 to seek special exceptions if they believe any positions must remain closed to women. THE ASSOCIATED PRESS

Vancouver. Oprah draws ire over foreskin cream

Oprah rubbed a group of Vancouver activists the wrong way when she promoted face cream derived from foreskin.

The Canadian Foreskin Awareness Project will protest outside Oprah's show at the Rogers Arena Thursday to condemn her endorsement of SkinMedica products.

"How do you think Oprah Winfrey would respond if a skin cream for men used tissue taken from the genitalia of little girls? I think people would lose their minds," founder Glen Callender said in an interview.

SkinMedica spokeswoman Chrissy Baum noted that there is no actual foreskin in the products and that the growth factors "were bioengineered from a single donation ... more than 10 years ago."

But Callender's group takes issue with any circumcision done without consent, which infants cannot provide. EMILY JACKSON/METRO IN VANCOUVER

Oprah Winfrey in March 2012 GETTY IMAGES FILE

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Prof in search of 'privacy-compliant' surveillance cam

Cash reward. Privacy laws require businesses filming public areas to inform people that they are being recorded

JESSICA SMITH
Metro in Toronto

A University of Toronto professor is offering $100 to anyone who can show him a surveillance camera, operated by a business, that complies with Canada's privacy laws — but it isn't an easy C-note.

"We thought this is something that calls for more attention, so we wanted to document the problem, without having to do all the documentation ourselves," said Prof. Andrew Clement, co-ordinator of the Information Policy Research Program at the University of Toronto.

Privacy laws differ between the provinces and between the public and private sectors, but Canada's privacy commissioner's office has summed up the requirements businesses have when recording people's images in a public area, said Clement. One requirement that is visibly lacking in most cases is a sign informing people that they are being recorded.

The signs should also say what the purpose of the surveillance is and who to contact about it, said Clement.

After two years of offering the $100 reward to his students for educational purposes, he's now opening it up to the entire country. Anyone can submit photos and descriptions of surveillance cameras to surveillancerights.ca and through an Android smartphone app, which is at the beta-testing stage, available through the app store Google Play.

In some cases, it can be hard to tell who is responsible for a camera, which in itself is a problem, said Clement.

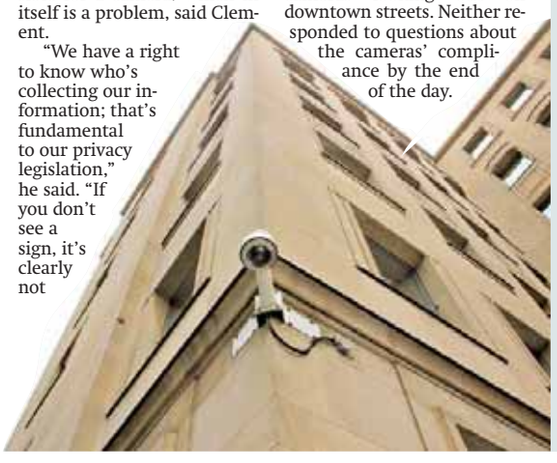
"We have a right to know who's collecting our information; that's fundamental to our privacy legislation," he said. "If you don't see a sign, it's clearly not compliant with privacy laws around informed consent."

That law does not apply to privately owned cameras, such as those used in home-security systems.

On Wednesday, Metro contacted a large property-management company and a luxury hotel chain, both of which have surveillance cameras looking out on downtown streets. Neither responded to questions about the cameras' compliance by the end of the day.

Privacy probe

"Now is the time for us to pay attention to where our personal information is going and who's doing what with it for what reasons."
Prof. Andrew Clement



Here's lookin' at you

Why you should care

Clement believes informing people when they are being recorded is important now, but will become more important in the future as technology develops.

Video surveillance is also an issue for people who don't want their intimate moments recorded, and marginalized people, when under surveillance, will more likely be treated with suspicion, he said.

"A growing concern, which hasn't emerged much yet, is when analytic capabilities are being built into these cameras: facial recognition or other kinds of tracking," he said.

Technology is being developed that can track people's information and link it to their image, said Clement, adding now is the time for people to insist on their privacy rights. **METRO**

Antarctica. Rescuers in search of 3 Canadians on missing plane

Rescuers looking for three Canadians aboard an airplane presumed to have gone down in Antarctica were grappling with bad weather conditions Wednesday, as low visibility and strong winds hampered search efforts.

No information was available on the fate of the three men aboard the ski-equipped Twin Otter, which is owned by Calgary-based Kenn Borek Air.

A spokesman for the U.S. National Science Foundation, which operates a research station helping in the search for the missing plane, said the trio aboard the aircraft are thought to be Kenn Borek crew members — a pilot, a co-pilot and a flight engineer.

Few details were available on the condition of the missing aircraft, which began transmitting signals from its emergency locator beacon late Tuesday night.

THE CANADIAN PRESS

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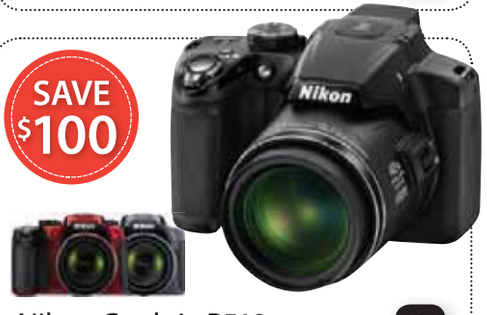

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HENRY'S®

Sorry — Brits just not that into EU

And they may want out. PM David Cameron says citizens will vote on whether U.K. should stay in the union

British Prime Minister David Cameron pledged Wednesday to offer citizens a vote on whether to leave the European Union if his party wins the next election, prompting rebukes from European leaders accusing the premier of putting the bloc's future at risk over domestic politics.

Claiming that public disillusionment with the 27-nation EU is "at an all-time high," Cameron used a long-awaited speech in central London to say that the terms of Britain's membership in the bloc should be revised.

Cameron proposed that his Conservative Party renegotiate the U.K.'s relationship with the EU if it wins the next general election, expected in 2015.

"Once that new settlement has been negotiated, we will give the British people a referendum with a very simple in-or-out choice to stay in the EU on these new terms. Or come out altogether," Cameron said.

The speech was seen by many as a gamble to shore up support from Cameron's increasingly anti-EU party.

The fiercely independent island nation has never been an enthusiastic member of the bloc. But the drumbeat has grown over fears that new EU regulations to address the debt crisis will further restrict the country's control over its own economic policies.

Many EU member states, which had in the run-up to the speech stressed the importance of Britain's presence in the bloc, took a sharper tone after Cameron spoke.

"This was an inward-looking speech that does not reflect European reality and will not impress many of the U.K.'s European partners," said Martin Schulz, the president of the European Parliament.

French Foreign Minister Laurent Fabius likened the EU to joining a soccer club — "you can't say you want to play rugby," he told France-Info radio. THE ASSOCIATED PRESS

Blasé about the bloc

"I say to our European partners, frustrated as some of them no doubt are by Britain's attitude: Work with us on this." British Prime Minister David Cameron, stressing that his first priority is renegotiating the EU treaty — not leaving the bloc

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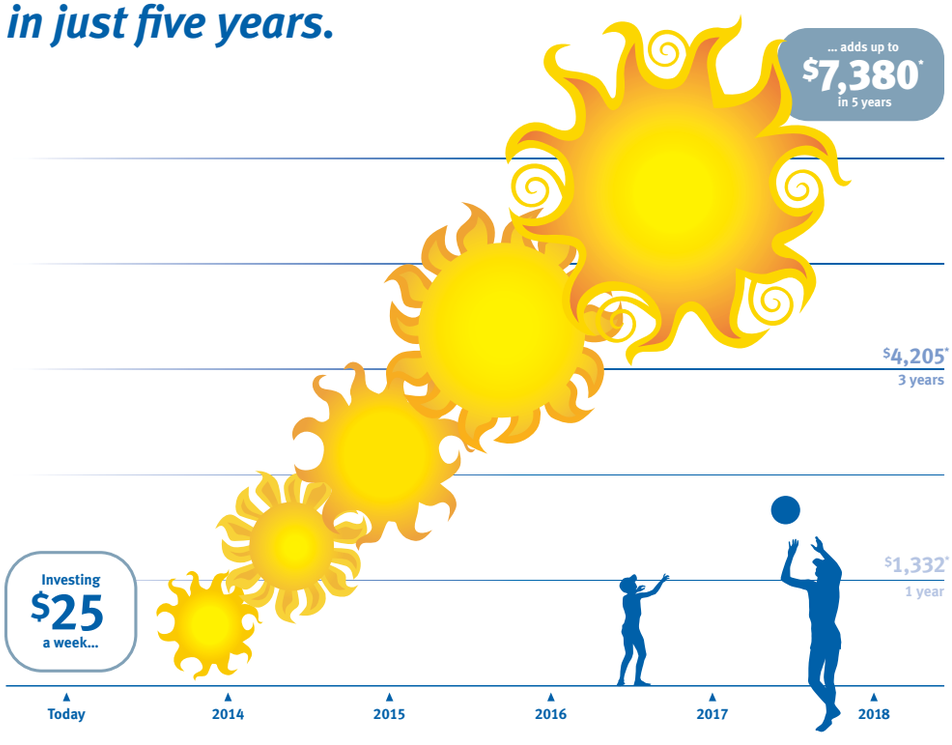

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Pussy Riot's Maria Alekhina is seen in uniform at a prison in the Ural Mountains where she is serving her two-year sentence. NOVAYA GAZETA/THE ASSOCIATED PRESS

Sewing jackets in jail. Pussy Riot members tell of daily prison life

The imprisoned members of the Pussy Riot feminist punk band say they feel no regrets about the irreverent "punk prayer" against President Vladimir Putin in Moscow's main cathedral that landed them behind bars for two years.

Nadezhda Tolokonnikova and Maria Alekhina offered a vivid but stoic description of their harsh prison conditions in interviews published Wednesday in the independent Novaya Gazeta newspaper. They said they don't expect clemency from authorities.

Tolokonnikova, who like most female prisoners in Russia's prison colonies works at a sewing machine, was quoted by the paper as saying she has had her fingers punctured by the needle but has picked up speed and experience and can now meet her quota of making lining for 320 jackets a day. Like other prisoners, she bathes once a week and uses cold water to wash the rest of the week.

"I am not paying much attention to living conditions," she said in an interview filmed last month. "I'm ascetic, and living conditions matter little for me."

Tolokonnikova said she meditates to prevent her spirit from being dulled by the monotonous labour. She added that the main thing she misses is the ability to read freely.

Three members of Pussy Riot were found guilty of hooliganism motivated by religious hatred in August. THE ASSOCIATED PRESS

Women's rights

Moroccans may no longer have to marry their rapists

Nearly a year after Morocco was shocked by the suicide of a 16-year-old girl who was forced to marry her alleged rapist, the government has announced plans to outlaw the traditional practice.

Women's-rights activists on Tuesday welcomed Justice Minister Mustapha Ramid's announcement, but said it was only a first step in reforms that aim to stop violence against women. The penal code allows those convicted of "corruption" or "kidnapping" of a minor to go free if they marry their victim. Judges encouraged the practice to spare family shame. THE ASSOCIATED PRESS

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Corporate wireless market.
RIM opens secure enterprise system to other smartphones

Smartphone owners who want to use their personal phones at work can now pick whether it's a BlackBerry, iPhone or Android device.

Research In Motion made the latest update to its secure enterprise service available for download to IT professionals on Wednesday, which it said gives IT departments the flexibility to accommodate a growing trend of bring-your-own-device in workplaces.

"It's a single platform, from an IT perspective, that can manage the full suite of mobility devices they may need to support inside of their organization," said Jeff Holleran, senior director of enterprise product management of RIM in a recent interview.

The move comes as competition heats up for the highly lucrative corporate smartphone market, which has largely been a stronghold for RIM for years, but other players in the industry are making their own plans. THE CANADIAN PRESS

Defensive move?

- Opening up its enterprise service also protects RIM from the possibility that its new devices could be considered a sales flop.
- With a system that invites both the Apple and Android operating systems into the fray, it could continue to operate no matter the outcome of the new product launch.

Market Minute

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Is N.Y.C.'s soft-drink size limit racist?

Legal challenge. New rule to curb sugary beverages could harm minority businesses, opponents argue

Various sizes of soft-drink cups stand next to stacks of sugar cubes during a May 2012 news conference at city hall in New York. Critics of the city's regulation limiting the size of soft drinks are using arguments including racial fairness to try and stop the rule from taking effect. THE ASSOCIATED PRESS

Opponents of New York City's limit on the size of sugary drinks are raising questions of racial fairness alongside other complaints as the novel restriction faces a court test.

The NAACP's New York state branch and the Hispanic Federation have joined beverage makers and sellers in their effort to stop the rule from taking effect March 12. Critics are attacking what they call an inconsistent and undemocratic regulation, while city officials and health experts defend it as a pioneering and proper move to fight obesity.

The issue is complex for the minority advocates, especially given that obesity rates are higher than average among blacks and Hispanics, according to the federal Centers for Disease Control. The groups say in court papers they're concerned about the discrepancy, but the soft-drink rule will unduly harm minority businesses and "freedom of choice in low-income communities."

The latest in a line of healthy-eating initiatives during Mayor Michael Bloomberg's administration, the beverage rule bars restaurants and many other eateries from selling high-sugar drinks in cups or containers bigger than 16 ounces.

The NAACP and the Hispanic Federation, a network of 100 northeastern groups, say minority-owned delis and corner stores will end up at a disadvantage compared to grocery chains.

That's because supermarkets and many convenience stores — including 7-Eleven, home of the Big Gulp — aren't subject to city health regulations. THE ASSOCIATED PRESS

Ross' Gold

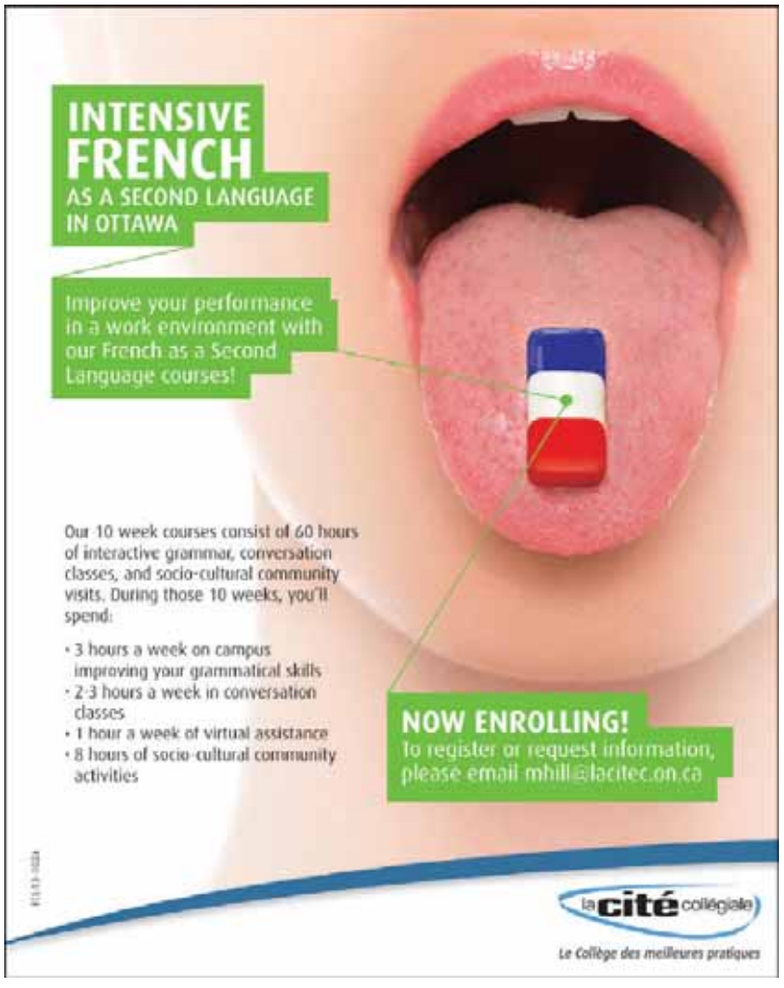
Rebagliati to open medical marijuana franchise

Marijuana almost cost him a gold medal at the 1998 Olympics, but snowboarder Ross Rebagliati is hopeful the substance could soon earn him millions. He plans to open a medical marijuana franchise under the name Ross' Gold with storefronts in Whistler, Vancouver and Toronto, he announced Tuesday.
EMILY JACKSON/ METRO IN VANCOUVER

Wireless consumers

Canadians aren't so tech-savvy, survey finds

Think you're knowledgeable about roaming charges, data usage or online security? Maybe not. Canadians are among the highest adopters of technology in the world, but 57 per cent of those surveyed failed a test for tech-savvy, says wireless provider Rogers Communications Inc.
THE CANADIAN PRESS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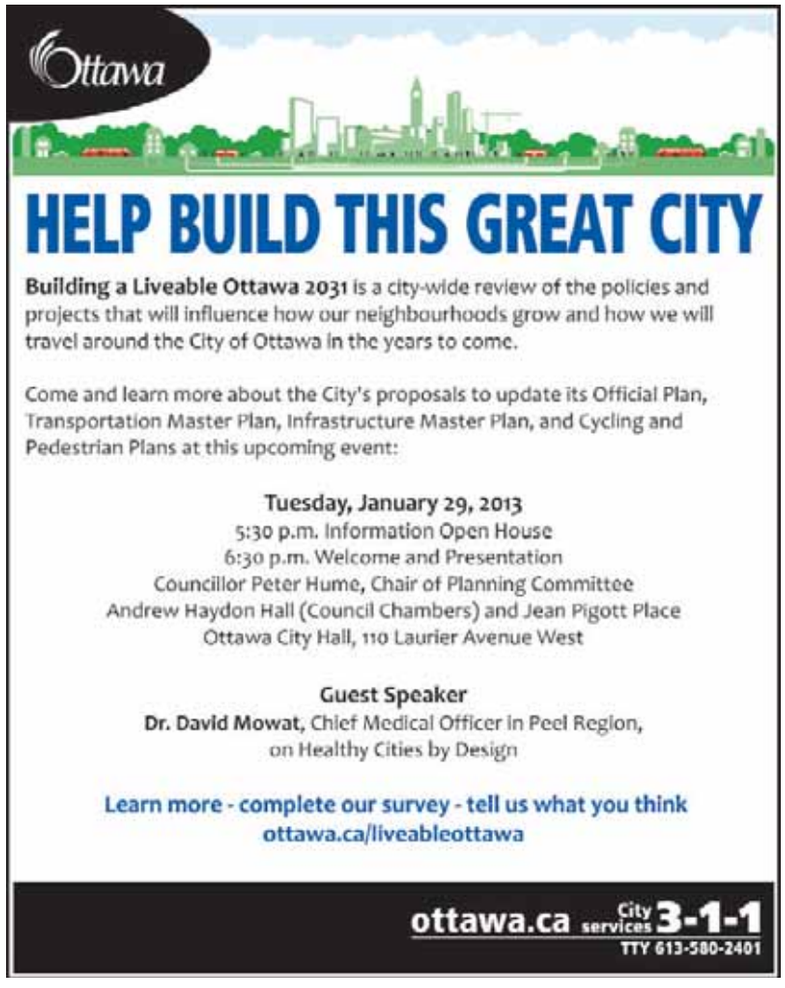
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WEATHER YOU FEEL LIKE IT OR NOT

HE SAYS...
John Mazerolle
metronews.ca

If you're a typical Canadian — a Roots-wearing, "sorry"-saying, proud-to-be-humble Tim Hortons tenant — then you've probably noted during the recent sub-zero temperatures that weather is relative.

Oh, sure, we Canadians get cold, vibrating in bus stops at frequencies that would be of interest to scientists who work at the Large Hadron Collider, but we won't stand for anybody else saying that they're cold.

Observe.

"It's been -10 C for several days in Toronto and it's triggered an extreme cold alert that …"

By the time I get to that part in the sentence, there has been a great disturbance in the Canuck Force, with millions of voices scoffing out at once, then sputtering into silence. Also, hundreds of Internet commentators are pounding out dismissive missives about how cold their mom's basement gets.

Similarly, if a Montrealer were to complain about 40 centimetres of snow, you can bet that a Newfoundlander would say they consider that a pleasant shake of the snow globe, suitable for family photos.

I call these scornful reactions Cold Snaps.

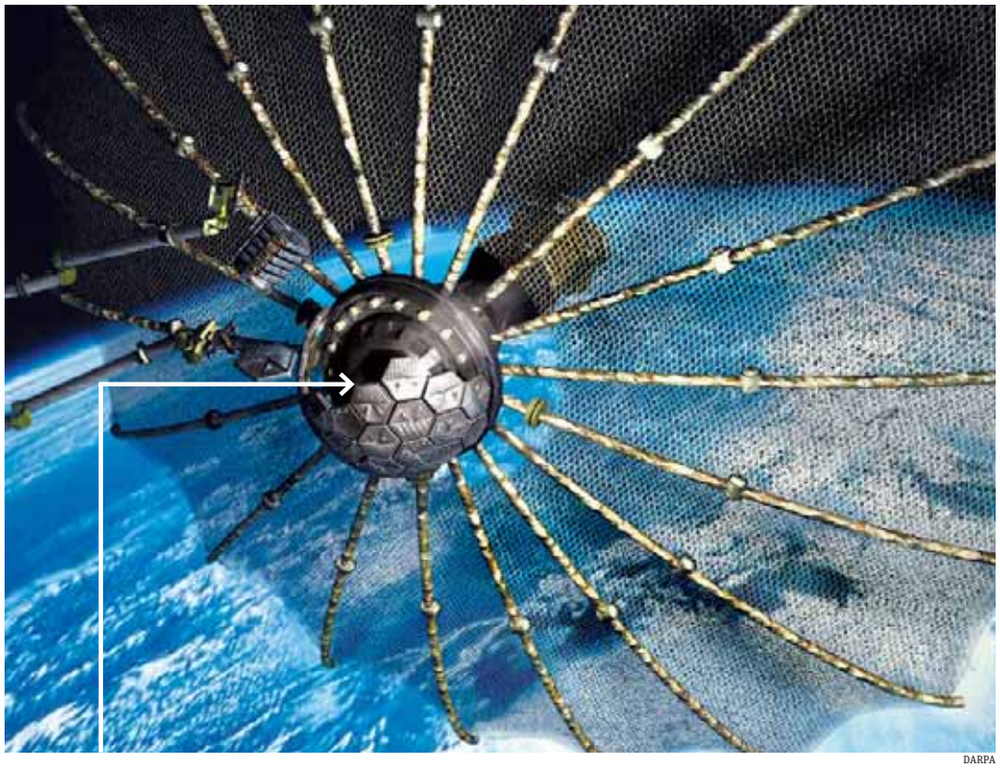
It's a natural response, but as a columnist known for my desire to bring people together, I don't think it's necessary. After all, weather isn't really relative. Did you know that most weather terms actually have very specific meanings?

It's true. Meteorologists have scientific definitions attached to things like "blizzard" and "wind chill," so there's no need to bicker about who's wintrier-than-thou. Use this glossary to heat up (ha!) any arguments over the course of this long, dark winter.

Weather glossary:

- **Arctic air mass.** Catholic service in will-they-or-won't-they wedding on season cliffhanger of popular CBC program.
- **Blizzard.** Delicious ice cream confection from Dairy Queen. Spilling one enough to put army on alert in Toronto.
- **Cold November rain.** Weather pattern caused when your fears subside and shadows still remain. Typified by epic guitar.
- **Deep freeze.** Where Canada — "seemed nice, quiet, kept to itself" — likes to hide the bodies.
- **El Nino.** First sailing ship to bring global warming to the New World.
- **Flurry.** Group of deals that happens at NHL trade deadline.
- **Freezing rain.** Rain that freezes. I mean, come on.
- **Frostbite.** Right of passage for all teenagers who would rather have their ears turn bright red and swell to twice their normal size than be caught wearing a hat, which might look stupid.
- **Heavy snowfall.** Snowfall that makes you think.
- **Hypothermia.** The most awesome and romantic way to die, as seen in Titanic.
- **Ice fog.** Hangover caused by Molson Ice. Reduces visibility.
- **Lake-effect snow.** A complex meteorological phenomena as explained by a caveman.
- **Large southern air mass.** Meteorological event that occurs with proper combination of Taco Bell and diet Pepsi. May lead to evacuations.
- **Precipitation.** Anything that falls from the sky, including rain, sleet, snow, manna and Canadian military equipment.
- **Snow.** David Phillips, Environment Canada's senior climatologist, can set you up if you need some. He knows a guy.
- **Snowpack.** Canadian rapper tragically killed at 32 (Fahrenheit).
- **Wind-chill index.** Chart showing how relaxed the breeze will make you feel that day, from "patio chime tingler" to "bracing wind off the lake." Sometimes shortened to "chillex."
- **Winter storm.** Canadian adult-film actress and star of Bare Ice, Blowing Snow Warning and Waterspout Watch 7.

Space's future 'vacuum' cleaner



DARPA

Space satellite salvage

U.S. unveils plan to clean outer space

In the crudest way to describe them, they are "space grave robbers," but the U.S. Defense Department agency DARPA will provide a valuable salvage service.

The Defence Advanced Research Projects Agency has unveiled illustrated plans of a satellite program that will scavenge defunct satellites and recycle them to build new ones.

METRO WORLD NEWS

DARPA's viewpoint

"We're attempting to essentially increase the return on investment and try to find a way to really change the economics so that we can lower the cost (of military space missions)."

David Barnhart
DARPA program manager

The Defence Advanced Research Projects Agency is spending $180 million US on testing their technologies.

In the future

Agency identifies satellites to retire

In 2016, DARPA will launch a demonstration mission that seeks to resurrect an old antenna from a yet-to-be-determined decommissioned satellite.

DARPA has identified about 140 retired satellites that it can choose from for its first test. DARPA staff said one way to keep costs down would be for the mini-satellites to hitch a ride aboard available space on commercial rockets.

METRO WORLD NEWS

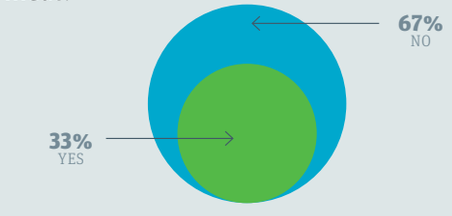
DARPA's past ideas

- **Upward-falling payloads.** Robotic drones would rise from ocean depths to perform missions.
- **100-year starship project.** The project started in 2011 to transport humans beyond the solar system within a century.
- **Project Orion.** The concept of interplanetary spacecraft periodically dropping nuclear bombs out of its rear.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you eat a burger containing horse meat?



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@raeganperin: Considering being middle of the human centipede just for the body heat #SoCold #Ottawa

@JonnieSimpson: RIM doesn't make their phones Ottawa skateway coldness proof. I love an unresponsive phone.

@ReillySkinner: Busted out the long-johns today. Frig Ottawa is chilly.

@DJCharles91: That sad moment when you're excited to see -12 come for the weekend forecast #Weather #CanadianProblems #Ottawa

@vunguyen: I think my nostrils are frozen. #deepfreeze

@amyeb007: It is -40 in #ottawa and I just saw a unicycler go down the road. Only in #wellboro !!

metro

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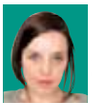
SCENE 2

These Two Guys with Beards want to be your matchmakers

Singles events. Two pals looking for love forgot to shave one day — and the rest is history



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

There's a new singles event company in town that promises no cheese and no gimmicks — just a straightforward, relaxed atmosphere at a great venue.

Two Guys with Beards is the brain child of the unshaven Yves Néron and Alex Legendre, who launched the company together last year.

"One day in July, we forgot to shave. The rest is history," Néron jokes.

The truth is, at the time, the guys were experiencing firsthand what the Ottawa dating scene had to offer and weren't very impressed.

"We were looking for something fun to do and first thought about speed dating for ourselves, but couldn't find anything out there that we liked. A lot of events had gimmicks and games that just don't appeal to us," Legendre says.

"The bar scene is tough and there's no way to know who is single," adds Néron.

Of course, at a Two Guys with Beards event, everyone is single, making it a great way to meet a lot of potential suitors in a short amount of time.

Their mission, they say, is to "bring together single people living in Ottawa by providing a fun and exciting alternative to online dating and the bar scene."

So far, Néron and Legendre have hosted two events and have since received requests to stage events for different age groups.

The first two were geared toward 25- to 35-year-olds — the next event will cater to women aged 35 to 45 and men aged 40 to 50.

"We're really excited for this next event. We've had a lot of requests for an event for this demographic so, for this crowd, it's a whole new location and format," says Legendre.

And for anyone who may be interested in trying speed dating but may be a bit apprehensive, the bearded boys have some advice.

"You've got nothing to lose," proclaims Néron.

"You'll never be able to meet this large of a group of singles, each one also looking to meet someone."

"Don't be intimidated," adds Legendre.

"Everyone is there for the same reason."

Quoted

"The bar scene is tough and there is no way to know who is single."

Yves Néron, co-founder of Two Guys with Beards

Next event

The next Two Guys with Beards event is coming up on Monday, Feb. 11 from 8 to 11 p.m. at Levante Bistro and Lounge (180 Rideau St.). The event is open to women aged 35 to 45 and men aged 40 to 50. Tickets are $30. For more information, go to twoguyswithbeards.com.

Yves Néron, from left, and Alex Legendre are co-founders of Two Guys with Beards. PIERRE-HUGUES GIROUX

American actor William H. Macy stars in the Showtime television series Shameless as a drunken dad. SCOTT GRIES/THE ASSOCIATED PRESS

Macy is proud to be the pickled patriarch

Shameless. Offbeat family drama follows William H. Macy as Frank Gallagher through his drunken debacles

On Shameless, William H. Macy plays the world's most deadbeat dad.

He stars as Frank Gallagher, a boozy, shiftless grifter whose brood of six mix-and-match offspring (do any of them share the same mother?) care for one another and, by necessity, him. The oldest daughter, Fiona (played by Emmy Rossum), is the family's de facto mom, a Wendy to Frank's derelict Peter Pan.

Derelict is putting it mildly. Frank is abrasive, self-absorbed, scheming and delusional, a pickled patriarch whose most dignified moments find him passed out on the bathroom floor of the family's ragtag South Chicago digs, or on a random street corner or maybe public park.

But somehow the family stays afloat, even with Frank dragging everybody down.

"For all the craziness they go through, it is a tight-knit family, an honest family that loves each other fiercely," says Macy. "That's what the show is about."

Ever the schemer, Frank figures out a way. Just as, this week, he figures out a way to score some drinking money: He volunteers to take a neighbour's infant to the doctor for a scheduled vaccination, then spends the cash meant for the doctor at his favourite bar. He pricks the baby with a thumb tack to simulate a shot, and shares a few drops of his whisky to calm the baby's crying.

"I pride myself on taking the script and saying, 'I can DO this!'" says Macy, clearly gleeful at the depths to which Frank routinely sinks. "I take all the stuff the writers can shovel my way!"

Well, almost.

"Once or twice I've said, 'Too much. Too despicable. It's over the line,'" Macy admits with a laugh. "But it's the writers' job to push that line, to put every character in really uncomfortable situations. So we have a good, healthy tug of war."

The show barrels along a path that is both heartbreaking and hilarious, while Frank sets the pace with his appalling level of substance abuse.

THE ASSOCIATED PRESS

Showtime

When and where to watch

- **The new season.** Airing Sunday at 9 p.m. EST on Showtime, Shameless began its third season recently with Frank coming to in Mexico, not sure how he got there and with no funds or credentials to get himself home.

Interview. Stephen Merchant steps out from behind the camera

Stephen Merchant has built quite the career behind the camera, writing and directing alongside creative partner Ricky Gervais for series like The Office, Extras and Life's Too Short, but he always relishes a chance to get in front of the camera. Luckily, director Peter Farrelly, who cast Merchant in 2011's Hall Pass, had Merchant in mind for a segment in his raunchy comedy Movie 43.

Stephen Merchant is in front of the screen in Movie 43. HANDOUT

I gather it didn't take much convincing to get you to work with Peter again?
Yeah, basically Peter said, "Do you want to be in a sketch where you're on a blind date with Halle Berry?" I think I probably said yes before he'd finished the word Berry. That might have been the best offer I've ever had (laughs).

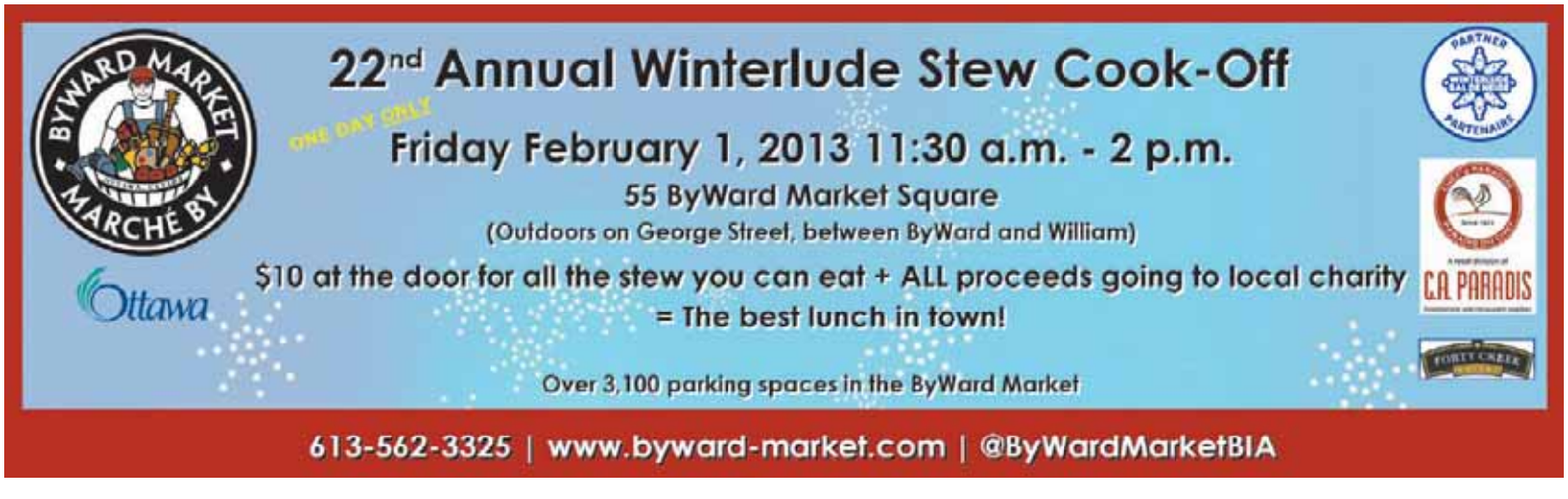
They're trying to keep details of the movie under wraps, but how much of the craziness that you get up to in this are you allowed to talk about?
Do you know, I don't know what I'm allowed to talk about. Basically it's Halle and I on a blind date, and she introduces the idea of Truth or Dare, so our dares start quite modestly and kind of escalate in absurdity and comic grotesqueness.

It's odd to think of either of you needing to go on a blind date.
Well, I do actually say to her in the sketch, "I'm surprised that she's on a blind date." I think people can accept that I'm on a blind date. I agree that it's mad that she is, but there you are (laughs).

Peter tells me he predicts Movie 43 will get a six per cent on Rotten Tomatoes.
I mean, it'd be lucky if it gets a six, I'd have thought. I'm constantly amazed by the disparity between critical appreciation of things and audiences. I have no idea anymore what an audience will respond to and what a critic will respond to. I'll go see a movie that's been critically applauded and I'll hate it, or you know, I'll go see something which they loathed and which kills me. So I no longer have any idea what either the critics or an audience wants to see.

You've pretty successfully made the jump from writing to acting, starting with Extras. Was that always part of the plan?
It was always my plan. I mean, I always felt like I was a performer. It was never an intention not to perform. When we did The Office, neither of us were experienced performers, and it seemed kind of foolhardy for us both to try and be in front of the camera and also writing it and also directing it. But I think Ricky and I always knew that I was a performer and it was sort of in our armoury, and so when I was in Extras, people were quite surprised, like this was a novelty. I just don't think people tend to think of me as an actor, so I don't tend to get offered much acting stuff.

NED EHRBAR/MWN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Marlon Wayans ushers in some Ghostbuster wannabes in A Haunted House. HANDOUT

Candid Wayans weighs in on the parody genre

A Haunted House.

Scary Movie co-writer talks about his new movie while thrashing some of his old movie's 'horrible' spin offs

HEIDI PATALANO
Metro World News in New York

Marlon Wayans knows parody. He knows what it should be and what it shouldn't be. As one of the creative forces behind the sketch show In Living Color and the first two Scary Movie films, he's become one of the foremost experts on the topic along with his six famous siblings.

"I'm not saying that we're geniuses. I'm saying that if you like what we do, there's a reason," says Wayans. "It's not an accident. It's what we do. When people try to mimic it, it usually comes out pretty damn horrible."

The writer, producer and actor is quick disassociate himself with some spin-offs that followed the Scary Movie films he worked on.

"Scary Movie was a great franchise for us," he says. "We created it and we raised it. We were very proud when we did two. We sent it off to college on three and it turned into a crackhead. Now it's turning tricks in the street and I'm just going, 'That's not my child.'"

What's the problem with Scary Movie 3 and onward? Epic Movie, Date Movie and Disaster Movie too?

"A good parody should stand on it's own as a movie and not always be pop culture references or movie references," Wayans says. "That's not what a parody is — some of the things are similar but it's a story that you can follow with a character that you like."

Putting aside the franchises that have gone wrong, Wayans can keep doing what he loves doing. He has turned his attention to a new horror-comedy. A Haunted House is a found-footage movie about an African-American couple living in a house possessed by a demon.

"I was watching Paranormal Activity which is one of the biggest franchises in the found footage genre. I was just sitting there going, 'why do white people do such dumb stuff in these movies? Why don't they just leave the house?'" Wayans asks. "What if 'Paranormal Activity' happened to a black couple?'"

And so the haunting begins and not without a few blue scenes involving a few stuffed animals and even a ghost or two. "Me and the teddy bears had a blast," Wayans says. "You should interview them. They'll tell you. The two of them fell in love."

Quoted

"We sent it (Scary Movie franchise) off to college on three and it turned into a crackhead."

Marlon Wayans, actor, producer, director. On how he felt Scary Movies 3 and onward let the franchise down

Q&A

- **Is the found footage genre overdone?**
- **Absolutely not.** I think it's one of the great things that happened for young filmmakers. You don't need huge budgets, you just need some creativity. I think it's great for this generation – especially this generation of YouTubers. Everybody's so anxious to get out there and show what they can do. I don't think making a movie should be that impossible for everybody out there. I think the success that these guys have been having — I mean it inspired me to want to do a found footage comedy. I think it's a great genre."

Chiklis shows soft side and clowns around in new role

Q&A. Shield star on his funny attire in thriller Parker, his hard-man image and how he helped shape the future of gritty TV

NED EHRBAR
scene@metro.ca

Michael Chiklis stars alongside Jason Statham in Parker from director Taylor Hackford. HANDOUT

Before Michael Chiklis could get down to the business of double-crossing Jason Statham in director Taylor Hackford's Parker, he first had to tackle one of the more peculiar challenges of his career: donning clown makeup and a fat suit for the film's opening heist.

At least he kept a sense of humour about the whole thing.

How much say did you have in the clown disguise you wear?
None. Well... I didn't really say anything. I think Taylor and I were of a mind that we wanted it to be a classic clown look that could turn quite menacing on a dime.

I was keenly aware that the first time you'd see me in the movie would be as a clown in a big fat suit.

Was that a clown policewoman? It looked like they gave you boobs!
It was just a fat suit. So yeah, it was a clown cop. You know, a little bit of irony with the clown cop.

Given all the tough guy roles you've become known for, are people generally nervous when they meet you in person?
(Laughs) A lot of people, yeah. Some people I just want to hug them. Because I've had grown people shake, you know?

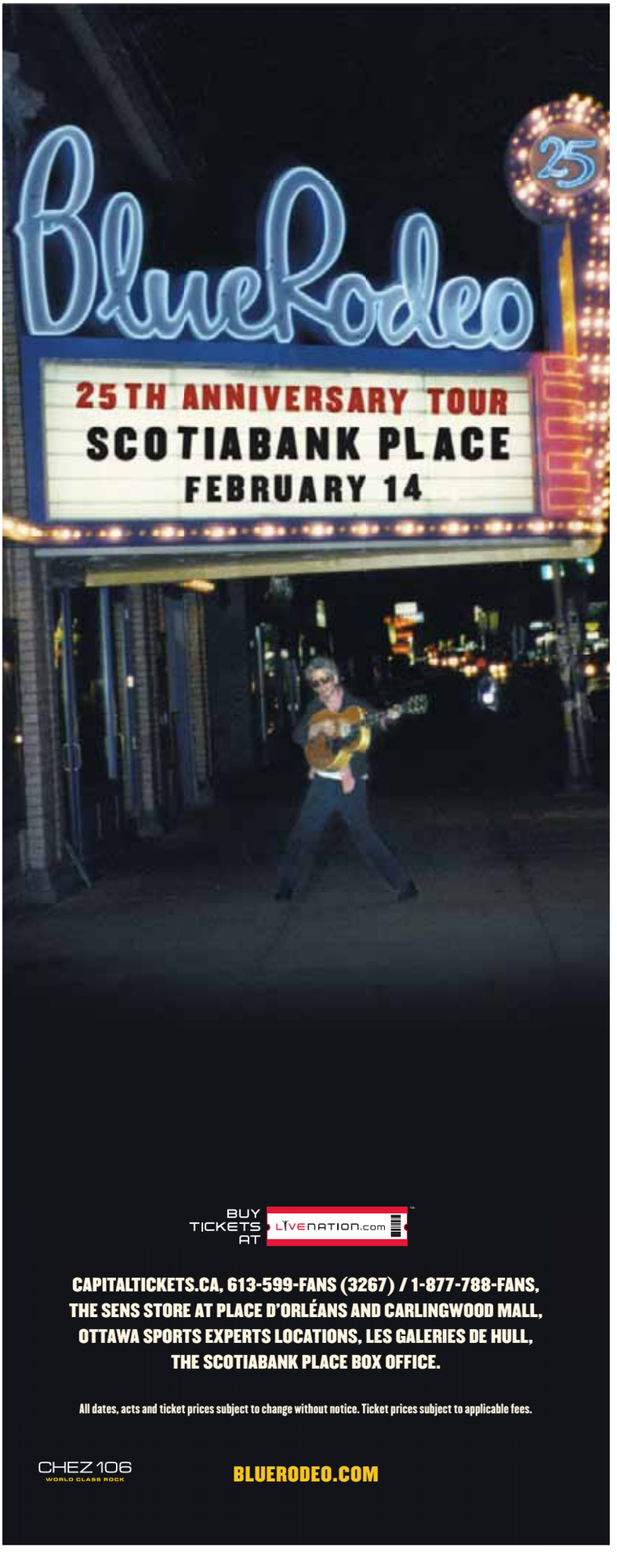
And you're just like, "No, no..." I guess the impact of certain things, particularly The Shield, I think that really rattled a lot of people. It's a hard-hitting show. I even stopped watching it at night too late because it kept me up.

Still, that has got to be a great compliment to you as an actor.
Yeah, sure. Absolutely. Clearly the work had an effect, but at the same time I'm not the characters that I portray.

And you've played nicer guys before.
That's the way I started. The whole first part of my career was playing the sort of lovely, affable guys, and I couldn't get a job playing someone like a Vic Mackey. I couldn't get seen for something like that. I was very fortunate that it was at FX and it was an unknown writer. A lot of sort of ironic twists in the road. But I wouldn't have it any other way.

You guys were out in front of the trend as far as what viewers can expect from a cable series.
We were the first in basic cable, for sure. Basic cable was the purview of reruns at the time. But when we did The Shield, that first year was an explosion. It really was a tectonic shift in the television industry. A lot of people have followed suit and now it's really bred this rash of excellent television, frankly. It was great to be a part of that, to be sort of a figurehead, if you will, of a shift in the industry. But you know, there's cause and effect in everything, actually, where you see more and more movie stars moving into television because the smarter, hard-hitting, great drama roles are now being found in basic cable and cable.

You get so much more time to...
To really delve into a character and create somebody, yeah. But you know, we're all lovers of film. We're all lovers of cinema and we all grew up with it. We all want to make movies. There's been this sort of change in that, too. Like, I don't know if Taxi Driver would get made today. I kind of doubt it.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New Kids return for trip around the block

The Package Tour.
98 Degrees and Boyz II Men round out the returnees for this summer's boy band reunion tour

For Donnie Wahlberg, it's not a matter of why now, rather, "why not?"

The recording artist-turned-actor was referring to the news of a major tour with his New Kids on the Block, who'll be joined this summer on The Package Tour by 98 Degrees and Boyz II Men.

"The state of the boy band union is strong," Wahlberg joked Tuesday. "Even though technically we're not really boy bands, but we're OK with that, so we'll accept it."

The three bands sold millions of records in the 1980s and '90s and helped usher in a wave of vocal groups that continues today.

The Boston-based NKOTB formed in 1984 and amassed 10 Top 20 hits. They broke up in 1994 but got back together after a 14-year hiatus. Wahlberg said he feels the break coincided with the maturation of their fan base.

"They needed time to have families and husbands and children and get jobs and live their life," Wahlberg said.

But now he sees his band's music as a complement to the fans' adult lives.

"We created an outlet for them to feel good about themselves and tap into that youthfulness that had been put to bed for a long time ... you may be 40, but the euphoria of it makes you feel 14 all over again," Wahlberg said.

The band also announced a new single, Remix (I Like The), which will be released Jan. 28, and a new album, 10, which is out April 2.

That music will be a bit more mature than some of the band's previous material, member Joey McIntyre said.

"It is about the decisions that a grown man makes and goes through, as opposed to singing songs like Popsicle," he said.

Nathan Morris, one of the members of Boyz II Men, known since the early 1990s for such hits as I'll Make Love to You and End of the Road, said the tour is going to be all about performing.

"If the boy band thing is attached, it's wonderful, but for all of us in here, we're ready to get out there and sing and perform," he said. "That's just what we do."

Though 98 Degrees is the youngest group on the bill, it has been apart the longest, 12 years.

"So we're excited to get back together and doing what we do," member Nick Lachey said. THE ASSOCIATED PRESS

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New Kids On the Block, seen here, 98 Degrees and Boyz II Men are teaming up for a summer tour. RICHARD DREW/THE ASSOCIATED PRESS

Life is Good. With four nominations, Nas is aiming for Grammy gold

When a teenage Nas opted out of street hustling to chase his musical dream, those around him found it amusing.

"When I chose to get in rap, my friends chose to do other things and not all great things. They chose to be in the streets and kind of laughed at me in a way about taking rap so seriously," said the rapper, who hails from the New York City borough of Queens. "I'm glad I stuck with it because I believed in it from day one."

No one laughs about Nas now. Considered one of music's most celebrated lyricists, he's a top contender at next month's Grammy Awards with four nominations. The 39-year-old rap veteran reached new heights last year with the release of his album Life Is Good, which made several critics' end-of-the-year lists. It is nominated for best rap album, competing with records by Drake, Rick Ross, The Roots, Lupe Fiasco and 2 Chainz.

"The album was just such a piece that really told you about my life, about my divorce without doing too much, without telling too much," said Nas, whose split with singer Kelis was finalized in 2010.

Nas also gets personal on his album about another woman: his daughter. The song Daughters, about the struggles of parenting a girl, is up for best rap song and best rap performance; his jam with the late Amy Winehouse, Cherry Wine, is nominated for best rap/sung collaboration.

He talked about his career, the nominations and his recent tour partner Lauryn Hill in a recent interview.

Daughters isn't a typical contemporary rap song. How's it feel to see that one garner attention at the Grammys?
I'm really proud of that song. Just writing it, I'm like, 'I'm going through something in my life with me and my family,' and I don't think about who's going to hear it at that point because it's that personal. ... The fact that it made the final cut of the album, the fact that it became a single was great enough for me. Like, wow. And then to be acknowledged by the Grammys is mind-blowing.

Nas has new dreams of gold. SCOTT GRIES/THE ASSOCIATED PRESS

What does your daughter think of the song?
I don't know. She never really told me. It was just a thing. She's used to me making music and she's used to me doing things, doing songs that are personal. Never (songs) about her that are so personal, but I think part of her just knows that this was something that was weighing heavy on my heart and I think she gave me a pass for that. I don't think she was always too happy about it. It's different. It's not like she's a fan of it. She's my daughter, so it's a different relationship, a little touchy.

You've been releasing albums since 1991. How are you finding new things to write about?
Rule number one is you can't be fake. If you're fake, you become a gimmick and you're selling a gimmick; a little gimmick is cool, this is entertainment. But when you base your stuff on mostly real stuff, you never run out of it because every day is a different adventure.

You recently toured with Lauryn Hill. What was that like?
She's almost like someone from a different era. ... She possesses this aura of someone like Roberta Flack, Nina Simone — it's almost like you're with them, on tour with that person. And sometimes it's even more advanced for the audience; the audience is used to dealing with microwave music, so to have someone like Ms. Lauryn Hill onstage, they might not understand, they haven't seen artists like that before, and I feel like I'm with someone that's like, beyond me. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Max George. ALL PHOTOS GETTY IMAGES

Max George quick to deny Lohan rumours

The Wanted's Max George is going out of his way to make it clear that he is not dating Lindsay Lohan, despite the actress' attempts to keep people guessing about any possible relationship.

When a fan tweeted to George, "If you date with Lindsay, I will die," the British singer responded, "I'm not, so you're fine," adding that reports of his canoodling with the troubled starlet are "rumors, that's all."

Kelly Osbourne

Kelly Osbourne engaged to Matthew Mosshart?

Kelly Osbourne is reportedly engaged to Matthew Mosshart after a very hush-hush proposal a few weeks before Christmas, according to Us Weekly.

"Kelly is the happiest she's ever been," a source says.

"Her career is going well, and she's in a healthy relationship with a wonderful guy."

Osbourne met Mosshart at Kate Moss' wedding in July 2011, and the pair have been dating for at least a year.

The Word

Having an affair? Have a child to make up for it

THE WORD
Dorothy Robinson
scene@metronews.ca

A good way for the world to forget that whole pesky drama of Coco canoodling with Oakland rapper AP.9 in December? To get knocked up with Ice-T's baby. "I want a little girl!" Coco Austin tells In Touch in this week's issue. "We already have the name — Chanel. I want her to be a lawyer!"

Chanel T will have to wait a bit in the creation department as Coco is filling in for Holly Madison as the star of the burlesque Peepshow at Las Vegas' Planet Hollywood Resort & Casino.

"I want a little doll of my own! I could teach her to walk in heels and do her hair."

I, for one, cannot wait.

Arnold Schwarzenegger

Schwarzenegger trying to get Shriver back

As Arnold Schwarzenegger attempts to mount a comeback for his movie career, he's apparently also looking to get his marriage to Maria Shriver back on track.

Shriver filed for divorce in 2011 after it came to light that Schwarzenegger had fathered a child with the family's housekeeper, but Shriver has made no further action to move the divorce forward since the events occurred.

"We're not fighting a war. I still hope for reconciliation," he tells Germany's Bild newspaper. "I still love Maria."

Twitter

@NiallOfficial
I was not in a crash and that is not my car,

@Rosie
i think manti te'o must be gay

@EdwardNorton
I cut myself on the ribs when I dropped Wes Anderson's new script because I was laughing so hard. Grand Budapest starts this week WesA=fun

@Joan_Rivers
Big news! I'm eating for two. Unfortunately they are my left thigh and my right thigh.

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SHOPPERS DRUG MART

Hot from hips to heels

She's got the look! Sexy pants and shoes on point. PHOTO BY MICHELLE BOBB-PARRIS

Flared, cropped, slouchy — anything goes when it comes to trousers right now. But the trend comes with its fair share of shoe problems. That's where we come in.

KENYA HUNT
life@metronews.ca

Cropped skinnies

Acne skinny leather trousers, $1,250, acnestudios.com

+

A classic bootie

Whistles suede ankle boot, $238, whistles.co.uk

Styling tip: If the ankle boots are too tall, your legs will look like stubs. You want to show a sliver of sock or skin above the boot.

Tailored wide legs

Stella McCartney wide leg trouser, $595, netaporter.com

+

A bold court shoe

Zara pumps, $90, zara.com

Styling tip: Choose a bright shoe for a flash of colour as you walk.

Slouchy peg legs

ASOS jersey pants, $27, asos.com

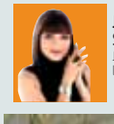
+

A graphic flat

J.Crew printed loafer, $168, jcrew.com

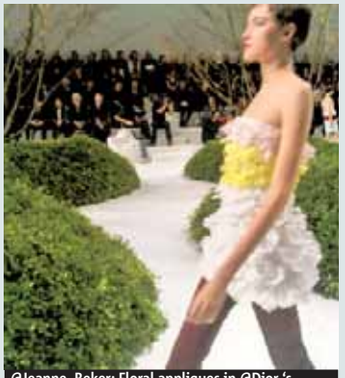
Styling tip: Loafers, yes. Ballet slippers, no. Why? Because this isn't 2004.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.


@Jeanne_Beker: Floral appliques in @Dior 's modern romantic garden...

@Jeanne_Beker: Ulyana Sergeenko's precious couture accessories: hand-painted evening boxes+petit point glass frames

The Kit

Canadian street style

Spotted in: Toronto

Heather, student

Age: 23

What she's wearing
H&M hat, Hide House leather jacket, Native(X) scarf, Insight tank, Hoi Bo purse, Guns N Glamour leggings, Doc Marten boots.

Her inspiration
"A smorgasbord of Internet websites, my best friends and my boyfriend."

THE KIT PHOTOBLOGGER: KAYLA ROCCA WWW.KAYLAROCCAPHOTOGRAPHY.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

From a small Ontario restaurant to your kitchen table: Annie's Gnocchi

Annie Buttus of That Little Place by the Lights in Huntsville, Ont., turns out amazing homemade gnocchi and lasagna from an electric stove in the basement of the small restaurant she owns with her husband Loris.

Ingredients

Meat Sauce
- 30 ml (2 tbsp) vegetable oil
- 15 ml (1 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) ground beef
- 5 ml (1 tsp) each crumbled dried rosemary, dried oregano, dried parsley, dried basil, dried thyme and chili flakes
- 1 l (4 cups) canned plum tomatoes
- 1 l (4 cups) tomato purée
- 1 can (369 ml/13 oz) tomato paste
- Salt and pepper, to taste

Gnocchi
- 4 medium baking potatoes (unpeeled)
- 2 large eggs, lightly beaten
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) all-purpose flour (approx)

That Little Pace by the Lights is just one of the places John Catucci visited for You Gotta Eat Here!

"That was one of my favourite places that I shot at," Catucci says. "I had gone to the cottage in Huntsville a few times and we stopped in that little restaurant. It's tiny. From the outside I wasn't expecting much. But when you got in, you could smell the tomato sauce cooking right away and you kind of knew that it was the real deal."

In the companion book to his show, Catucci offers the recipe for Annie's Gnocchi.

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

1. Sauce: In pot over medium heat, heat oil and butter. Add onion and cook, stirring, until golden brown. Add ground beef and cook until brown.

2. Stir in rosemary, oregano, parsley, basil, thyme and chili flakes, then add tomatoes, tomato puree and tomato paste. Fill each empty can halfway with water and add to sauce. Cook, uncovered and stirring occasionally, for 1 1/2 hours or until your preferred thickness. Season with salt and pepper.

3. Gnocchi: Boil potatoes until easily pierced with a fork. Drain and let cool. When cool enough to handle, peel and mash.

4. Turn mashed potatoes out onto a lightly floured work surface. Make a well in the centre and fill with eggs and salt. Using a wooden spoon or your hands, start mixing in potato from the sides of the well. When all the potato is incorporated, knead dough, adding as much flour as needed to make a firm dough.

5. Divide dough into 4 equal pieces. Dust work surface lightly with flour. With your hands, roll each piece into a rope about 1 cm (1/2 inch) thick. Cut each rope into 1-cm (1/2-inch) long pieces and shape. Place on a baking sheet dusted with flour.

6. Bring a large pot of salted water to a boil. Use bench scraper to scoop up gnocchi and drop into boiling water. When gnocchi rise to the surface, they are ready. Using a slotted spoon, transfer to a bowl. Toss gnocchi with sauce and serve. THE CANADIAN PRESS/ YOU GOTTA EAT HERE! CANADA'S FAVOURITE HOMETOWN RESTAURANTS AND HIDDEN GEMS BY JOHN CATUCCI AND MICHAEL VLESSIDES (LONE EAGLE ENTERTAINMENT; PUBLISHED BY HARPERCOLLINS CANADA, 2012).

Cookbook of the Week

Pair the show with its companion book

As the host of TV's You Gotta Eat Here!, John Catucci travels the country highlighting little-known restaurants. Now, he is releasing a cookbook of the same name, co-written with Michael Vlessides.

The book is essentially a companion to the show and includes stories, recipes and more from each restaurant.

Packed with full-colour photographs throughout, You Gotta Eat Here! also includes more than 125 easy-to-follow recipes so you can make outrageously good food at home. THE CANADIAN PRESS/ METRO

Maple Fried Oatmeal turns breakfast into sizzling brunch

This recipe comes from Diner Deluxe in Calgary, a restaurant John Catucci of You Gotta Eat Here says is synonymous with brunch. The oatmeal is made traditionally, then spread on a pan and cut into squares when cool. After it's fried, chef James Waters drizzles it with maple syrup, pours rich homemade vanilla bean cream sauce over it and tops it with a dollop of lemon curd.

"It works. It works so well," says Catucci. "It's so, so delicious. They serve it in the skillet and then they add that lemon curd on top of it too. The whole meal was great."

This recipe serves eight. THE CANADIAN PRESS H/O

Ingredients

Lemon Curd
- 250 ml (1 cup) sugar
- 2 eggs
- 5 egg yolks
- Zest and juice of 5 lemons
- 250 g (1/2 lb) cold butter, cubed

Vanilla Cream
- 500 ml (2 cups) apple juice
- 125 ml (1/2 cup) maple syrup
- 50 ml (1/4 cup) lemon juice
- 45 ml (3 tbsp) vanilla extract
- 2 l (8 cups) whipping cream

Oatmeal Squares
- 1 l (4 cups) quick-cooking rolled oats
- 50 ml (1/4 cup) brown sugar
- 45 ml (3 tbsp) unsalted butter
- 30 ml (2 tbsp) salt
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) nutmeg
- 125 ml (1/2 cup) dried cranberries

Assembly
- 15 ml (1 tbsp) unsalted butter
- 125 ml (1/2 cup) maple syrup

1. Lemon Curd: In a heatproof bowl, whisk sugar, eggs, egg yolks and lemon zest and juice until well combined. Whisk over simmering water until a ribbon of mix is visible for a few seconds after whisk is lifted.

2. Remove from heat and whisk in cold butter, a few pieces at a time, whisking until butter is melted and mixture is smooth and cool. Cover surface with plastic wrap and refrigerate until needed.

3. Vanilla Cream: In saucepan, combine apple juice, maple syrup, lemon juice and vanilla. Simmer over medium 8 mins.

4. Stir in whipping cream and return to gentle simmer. Simmer until reduced by half, about 20 minutes. Let cool. Cover surface with plastic wrap and refrigerate until needed.

5. Oatmeal Squares: Lightly butter or line with parchment paper a 23-by-15-cm (9-by-6-inch) baking pan.

6. In saucepan, bring 1 l (4 cups) of water to a boil. Stir in oats, brown sugar, butter, salt, cinnamon and nutmeg. Bring mixture back to a boil, then reduce heat and simmer, stirring until oats are cooked, 8 mins. Stir in dried cranberries, then spread mixture on baking pan. Let cool. Slice into 8 bars.

7. Assembly: In non-stick skillet over medium heat, melt butter. Gently fry oatmeal squares until lightly browned on bottom. Flip squares and cook until golden on second side. Transfer to plates and top each square with 15 ml (1 tbsp) maple syrup, 125 ml (1/2 cup) vanilla cream and 15 ml (1 tbsp) lemon curd. THE CANADIAN PRESS/ YOU GOTTA EAT HERE! CANADA'S FAVOURITE HOMETOWN RESTAURANTS AND HIDDEN GEMS BY JOHN CATUCCI AND MICHAEL VLESSIDES (LONE EAGLE ENTERTAINMENT; PUBLISHED BY HARPERCOLLINS CANADA, 2012).

SPECIAL INFORMATION FEATURE

Chill out and embrace the cold

Event. Visit second annual Le Festibière D'Hiver de Gatineau beginning today

JEFF O'REILLY
For Metro

Festibière D'Hiver has doubled its capacity to help you embrace winter beer appreciation this weekend. FESTIBIÈRE D'HIVER PHOTO

Winter is finally back with a vengeance — and I'm not talking about the return of the NHL and the mighty Ottawa Senators, or the Rideau Canal finally opening.

But rather the bone-chilling cold temperatures and blistering winds that we've come to know and love as part of our Januarys in Canada's frosty capital. This is where we live and winter is inevitable, so why not just accept it, or, better yet, embrace it and make the most of everything it has to offer.

This weekend provides the perfect opportunity to take a short excursion to nearby Gatineau for its second annual Festibière D'Hiver or Winter BeerFest: The Winter Ales Of Gatineau. With the addition of a large, outdoor heated tent you may just want to spend the entire time outdoors.

You may also want to make a full day of it (hotel packages are available), with ice sculptures, dogsledding, sleigh rides, music and games. These activities will enhance unusual culinary delights like maple bacon brownies and foie gras poutine, to go along with the more than 60 wonderfully different Quebec-brewed beers.

As an attendee last year I can tell you that enjoying Brasseurs Du Temps' hot La Messe De Minuit (that's right, hot beer) at the ice bar near a raging bonfire under a starry, deep blue sky was a completely memorable and enjoyable experience.

MicroBrasserie Charlevoix, based in Baie-Saint-Paul, Que., was recently named the Canadian brewery of the year by leading Canadian beer expert Stephen Beaumont, so why not enjoy a sample of one of its limited edition special vintage Dominus Vobiscum series that pays tribute to Humulus lupulus — the heavenly hops that bring so much flavour and expression to its beers.

Charlevoix's Lupulus Belgian IPA (10 per cent alcohol by volume) pours a brilliant, glowing gold with generous white foam. Enjoy aromas of Belgian yeast, sweet citrus fruit, bready malts and mild, floral hop notes.

Taste the complex flavours of sweet tropical fruits (lychee, pineapple, tangerine), honey, Belgian candi sugar, grapefruit/citrus hops, doughy malts and sour dry yeast with lively, highly active carbonation. There is a nice mouth coating with a creamy, smooth, medium body and a soft, lingering finish.

It's an exceptional offering, reminding us that the Quebec craft beer scene is vibrant, intriguing and worth exploring — be prepared to be thoroughly impressed.

Festibière D'Hiver takes place at the Château Cartier, 1170 Aylmer Rd., Gatineau, Que., Thursday and Friday from 4 p.m. to 1 a.m., and Saturday from noon to 1 a.m. Tickets are $5 and you must be 18 years of age or older (all ages will be admitted Saturday from noon to 6 p.m.).

For more information, visit festibieredhiver.ca/en.

Two Six {Ate} making its own rules

SAMANTHA EVERTS
For Metro

The piadinas at Two Six {Ate}. SAMANTHA EVERTS/FOR METRO

Two Six {Ate} picks up on what a true tapas bar is all about. Just like in Madrid, small plates of flavourful bite-sized bar food, great cocktails and loud music are what you get in an unpretentious and welcoming atmosphere.

Union Jack artwork nods to the classic rock 'n' roll spinning in the funky, industrial decorated space.

Housed in the former Lindenhoff restaurant in Little Italy, Two Six {Ate} gets inspiration from its neighbours, fusing Italian with fun twists on classic snack foods with local products and marrying them with gourmet tastes. Taking advantage of the late-night menu after visiting a nearby comedy show, friends are still raving about the gooey and decadent chicken confit poutine from our first visit.

Most recently, we started with the fried leek and squash fritters that had a savoury, smoky quality from house-smoked mozzarella to the eggy-fritter batter. We ordered the pasta special that exemplified the season using gnocchi made with beets, lightly sautéed hen of the woods mushrooms on a bed of creamy goat cheese.

Next, we tried the piadinas, a northern Italian flatbread topped with roasted celeriac, grilled squash, eggplant, slivers of cabbage and a sprinkling of Parmesan. The waitress was very apologetic since they had run out of the other ingredients that were advertised in the dish, but it was a beautifully executed winter dish scooped up and eaten like a taco.

Two Six {Ate} could be the hipster kid brother to Play in the Market. They are young, cool, and making their own rules with delicious results.

Two Six {Ate} is located at 268 Preston St. For more, see twosixate.com.

The Unrefined Olive owner Elizabeth Kilvert holds a selection of balsamic vinegar in Ottawa's first olive oil and aged balsamic tasting bar. SAMANTHA EVERTS/FOR METRO

Taste the difference

The Unrefined Olive. Try fun and flavourful experience with olive oils, balsamic vinegars

SAMANTHA EVERTS
For Metro

The Unrefined Olive will change how you think about what you put on your salad.

Ottawa's first olive oil and aged balsamic vinegar tasting bar opened this past November in the Glebe and owner Elizabeth Kilvert is educating customers one sip at a time. "People don't realize that they are perfectly sippable," she said.

The sunny shop, which is just a few steps from Bank Street, holds dozens of different kinds of balsamics in silver casks from around the world. "I like to start everyone with the 18-year-old balsamic," Kilvert said.

Similar to an icewine, she suggests dipping fruit in balsamic vinegar or adding a splash to fresh berries. The store also offers flavour-infused varieties such as pomegranate, white balsamic, and cranberry pear, something completely new to the Ottawa market.

With new year's resolutions in full swing, Kilvert's friendly staff can help you find the perfect bottle, offered in three sizes.

Low in calories and acidic with great health benefits, "Any vinaigrette is good for you," Kilvert said.

The premium fresh olive oils are equally tasty with none being more than a year old.

"A number of (area) chefs have become repeat customers," Kilvert said.

If cooking isn't your thing, The Unrefined Olive's oils and balsamic vinegars will convince friends otherwise as they create a wow factor to any dish. The wild mushroom and sage olive oil mixes beautifully with risotto, or try the Tuscan herb variety for pasta.

No reservations are required, but prepare for a fun and flavourful experience.

The Unrefined Olive is located at 151 A Second Ave. For more information, see unrefinedolive.com.

Wine & cheese. Make most of taste sensation

DEBBIE TRENHOLM
Savvy Company

Chances are we have all been invited to a wine and cheese party. Not only is it a relatively simple way to entertain friends, neighbours or even clients, a glass of wine and a chunk of cheese are a classic pairing. With a wide variety of wines to choose from along with an array of soft, creamy, hard and even blue cheeses, there is a different taste sensation waiting to be enjoyed.

Which wine goes with which cheese? The best way to figure this out is to experiment. My rule of thumb is that the flavour of the cheese guides you to determine whether you may enjoy a light wine or a full-bodied wine.

Cheeses with a mild taste such as young cheddar, feta, goat, Parmesan, havarti and brie would go best with a glass of crisp white wine such as Sauvignon Blanc or Pinot Gris, or light-bodied red wine such as Pinot Noir or Gamay.

When you bite into a chunk of cheese with bold aromas and tastes such as Gouda, Gorgonzola, blue cheeses, Stilton, or older cheeses that are hard and crumbly, be sure to have a glass of heavier white — oaked Chardonnay, Fumé Blanc — or full-bodied red wines — Merlot, Shiraz, red Zinfandel or red blends.

Savvy Company is hosting two Wine & Cheese with a TWIST events, Jan. 29 in Rockcliffe Park and Jan. 30 in Westboro. CONTRIBUTED

What is Wine & Cheese with a TWIST?

Go beyond just having wine and cheese on hand and have winemakers and cheese makers at the event, too. Maybe even a cheese sommelier.

"It is so fascinating to meet the people who make the wine and cheese we all enjoy," said Amanda Jackson, who regularly attended Savvy Company's wine tastings and cheese classes and now organizes them at Savvy Company. "Adding the people who make the wines provides more learning and a great atmosphere. They always have interesting stories and want to share their knowledge with you. After all, they produce their own wines for us to enjoy."

Savvy Company is hosting two Wine & Cheese with a TWIST events that will take place in small venues. There will be a limited number of tickets available to make sure that each ticket holder has plenty of opportunity to chat with each of the winemakers who are coming from their boutique wineries in Prince Edward County and Niagara.

The Wine & Cheese with a TWIST events will be held Jan. 29 in Rockcliffe Park, and Jan. 30 in Westboro. Advance tickets are $55 (Metro readers can get $5 off using promo code: BESAVVY).

Full details are available at savvycompany.ca/twist.

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Coupland authors new furniture line

Author Douglas Coupland teamed up with SwitzerCultCreative to create a line of furniture, being unveiled at Toronto's Interior Design Show this weekend. EMA PETER

Stuck in your JPod?

Best-selling author creates line with writers and artists in mind

Furniture designer is the latest addition to author Douglas Coupland's growing list of accomplishments.

The best-selling author teamed up with SwitzerCultCreative, a brother-sister luxury design collection, to create a line of furniture that is being unveiled at Toronto's Interior Design Show this weekend.

When I first heard about the furniture line, I was curious about what you would be designing — couches, tables, ottomans? But looking at the collection, it makes perfect sense. It's designed for creativity, for a writer, an artist. Why did you want to do this collection?
I've been using an escritoire for years and it's the perfect thing for writing — its ergonomics — it's closeability … and the fact that it feels slightly going-back-in-timeish to use one. It's not a category anyone else on earth is doing right now.

What was the inspiration behind the collection? I know you spent time in Japan; did that experience influence this collection?
Aside from my own happiness with my own escritoire, my time in Japan was a big factor. In art school there, calligraphy is mandatory, and to do it properly, there's a little bit of ritual involved … this desk does that perfectly, but it works for laptops as well as ink.

There seems to be a combination of order, chaos and calm to the collection. You can close the desk, you can slip the seat underneath, and the bookcases can be closed. You can work at them, but at the same time, you can "walk away," take a break. Was this a consideration when you designed them?
I designed the bookshelves 17 years ago and have lived with them all that time, and pretty much every person who's come into the house has asked me where I got them. It took a while for the penny to drop: these are really lovely functional bookcases that work in whatever combination you buy them in. Don't buy a desk if you don't need one, but the bookcases are pure gold. I sound like a catalogue, but it's true. They're crazy useful. And yes, you can close it all and walk away knowing everything's safe. My own desk, under its closed door, is an absolute pigsty — and had I not revealed that to you now, no one on earth would ever know what a desk slob I am.

This seems like a collection for a writer, a scholar, a book lover…
It is!

What sort of things would you write about sitting at a desk like this?
Well I'm going to write what I'm going to write regardless. But there's something intimate about these pieces that in turn fuels an intimacy in what's written. I don't think I could write much of what I do at home in a library carrel or a hotel room.
METRO

THE PIECES

Osaka Bookshelves

Copeland named the stackable shelves after shelving he saw that survived the 1995 Osaka earthquake. "Ninety-nine per cent of books are either paperback, hardcover or 'oversize.' Anyone's book collection will fit snugly and easily into whatever configuration works for them."

Ryoan-ji Lamps

The lamps are available in floor and desk models with a checker-pattern shade made of wire and soji-type material. Copeland was inspired by the temple at Ryoanji in Kyoto. "The sliding doors there have a checkered pattern that melted my brain when I saw them. They're perfect objects."

The Bento Box Escritoire

"Four years ago, I broke my left leg quite badly and for four months I had to reconfigure my entire house. I saw an escritoire on Craigslist and thought: Hmmm … that might just work for me now. And it really did. This piece here is a perfection of my experience with this kind of desk," says Coupland.

The Writer's Seat

"I have memories of my calligraphy teacher in Sapporo hounding me about not slumping," Coupland says about the seat, available in five colours. "To look at the picture, it looks kind of awkward, but when you sit in it, your body goes … oh, now I get it. It's very comfy regardless of your body shape or size."

The Douglas Coupland for SwitzerCultCreative collection is only available through SwitzerCultCreative — switzercultcreative.com

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Is winter taking a toll on your skin?

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

How can I fight dry skin naturally? -Denise, Montreal
Plagued by dry, itchy skin? You're not alone. We're well into winter and the season is taking its toll!

First, quit with the soap. Not entirely — it's flu season and hand washing is key to staying healthy. But soap is also among the worst culprits for drying out your skin. So apply common sense as your first line of defence and choose a pure soap, free of artificial fragrance or antibacterial properties. Both are unnecessary and work against your desire for healthy skin. Now use it only where needed, when needed.

Eat good oils
Eating good fatty acids will go a long way toward soothing dry skin. You can accomplish this by including a whole lot of omega-3-rich foods in your diet, but I'd suggest you supplement with fish oil.

Exfoliate naturally
Dry skin cells are the nemesis of happy skin. Regular exfoliation is key. Take a gentle approach to your face with a simple homemade daily scrub. My favourite recipe includes ground oats and ground almond meal. More determined dry skin will benefit from a salt or sugar scrub and a little massage with either scrub brush or a washcloth.

Slather in good oils
Now that your skin is free of the dead cells, nourish with your favourite oil. Whatever you have in your pantry will do, but my favourites are coconut oil for the body and jojoba oil for the face. Yup — for the face. I know that commercial wisdom advises against putting oil on your face, but do yourself a little Google-search favour and you'll see that all the best natural health gurus put selected oils on their face and have beautiful, radiant, clear skin.

Embrace the food-on-your-face approach
Every so often, go the extra step and put food on your face. An avocado scrub will add moisture to dry skin. Oatmeal is equally well known for its healing properties. If making a mask seems daunting, just add half a cup of raw oats to a bath (ideally in a cheesecloth sack or a knotted stocking) and soak up the soothing goodness.

4 SPORTS

Athletics Canada

Two coaches fired after poor showing at London Games

Athletics Canada has fired its two top coaches.

Head coach Alex Gardiner and chief high-performance officer Martin Goulet were let go by track-and-field's national governing body Wednesday, on the heels of Canada's disappointing performance at last summer's London Olympics.

"I think now, especially with dollars being involved, there's accountability and there are performance expectations," Athletics Canada's CEO Rob Guy said in a phone interview from his Ottawa office. "Really we're in the performance business, we have objectives for performance and just like anybody else, we need to meet them.

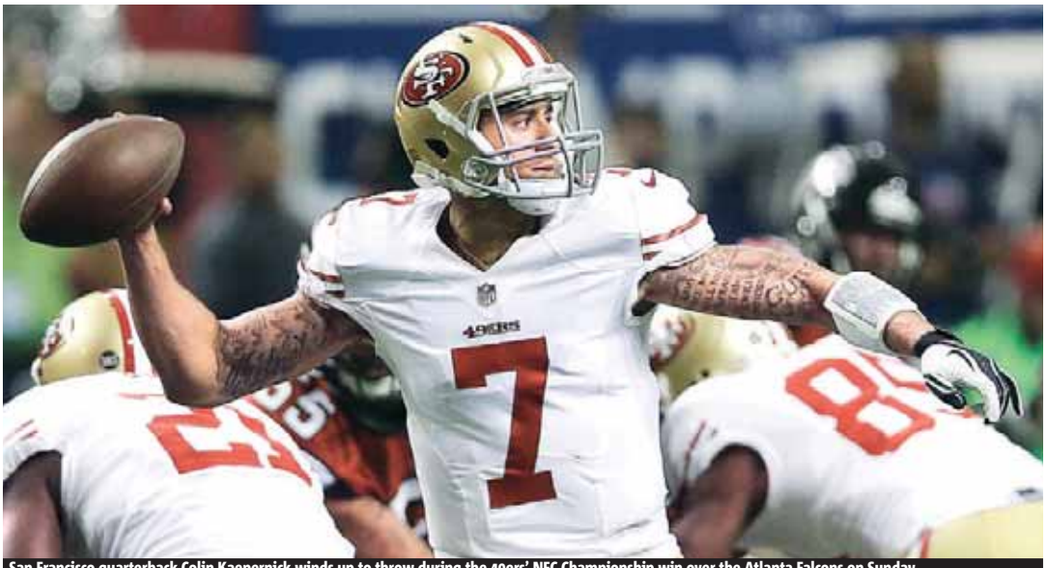
"We get a lot of money to attempt to win medals, and when we don't do that, we need to look at ways as to how we get better."

Canada had set a target of three athletics medals in London, but fell short, coming away with just one — Derek Drouin's bronze in high jump. THE CANADIAN PRESS

Track-and-field

"It's too hard paying for Anika to either go with me to Phoenix or to bring her through Toronto and drop her off in London."

London native Jessica Zelinka on the difficulties of being a track-and-field athlete. Zelinka, one of Canada's top track athletes, had to take a pass on a training camp in Phoenix next month. Zelinka's been without a coach since she moved to the U.S. with her husband. She also lost her funding for her three-year-old daughter Anika, who stays with her parents in London, Ont., when she travels for training.



San Francisco quarterback Colin Kaepernick winds up to throw during the 49ers' NFC Championship win over the Atlanta Falcons on Sunday.
JOHN BAZEMORE/THE ASSOCIATED PRESS

Mound of talent: NFL not only option for Kap

NFL. Long, smooth throwing motion got Niners QB Kaepernick drafted in major leagues

Quoted

"Tremendous football player, basketball player, baseball player, a tremendous athlete with a lot of gifts of God."

49ers coach Jim Harbaugh on his quarterback Colin Kaepernick

Chicago Cubs scout Sam Hughes watches Colin Kaepernick nowadays and still wonders what the strong-armed NFL quarterback might look like on a pitching mound, as a power arm in the pros. It's hard not to, seeing the zip and accuracy on each throw, the competitive fire and fierce focus.

The Cubs never even watched Kaepernick throw a baseball before drafting him in the 43rd round almost four years ago. They did watch him throw a football for Nevada, and decided one college game told them more than enough.

Ultimately, the Cubs couldn't lure Kaepernick away from his first love: Football. Now, he's headed to the Super Bowl, leading the San Francisco 49ers against the Baltimore Ravens on Feb. 3.

Hughes, the longtime national cross-checker in the Cubs' scouting department, and several others, including then-general manager Jim Hendry, figured they should give it a shot and hope Kaepernick might reconsider.

"Yeah, that wasn't happening," Kaepernick said with a smile Wednesday.

Hughes tried for two weeks to convince Kaepernick, who had made it all but clear he wouldn't sign. He was surprised anybody drafted him at all given he had been so upfront about sticking with football.

But Chicago's NFL sources — Hughes said three different teams — figured Kaepernick would be a late-round pick or even someone who might have to go the route of the CFL.

It seems so laughable now. The Niners picked Kaepernick in the second round in 2011, made him the starter mid-season this year and are now asking him to carry them to a championship in just his 10th NFL start.

"I was looking at this tall, kind of gangly at the time quarterback that was super athletic and had this really long throwing motion," Hughes said. "I was talking to some of my buddies at Reno and said, 'Boy, I wonder if this kid's ever played baseball, he's got an arm stroke like a pitcher.'"

Kaepernick regularly threw 90 mph in high school, but was now some 40 pounds heavier as a college football player.

"So, I was definitely intrigued, bigger, stronger, more athletic," Hughes said. "Colin had no idea we were even considering drafting him. I kind of caught him off guard when I called him after we drafted him. He kind of got a kick out of it and said his phone was ringing off the hook that he'd been drafted by the Cubs. He had no idea."

THE ASSOCIATED PRESS

Hotdog! U.S. fans filling up on NHL hockey

Fans make their way into Scottrade Center prior to the Blues' home opener against the Red Wings on Saturday in St. Louis. GETTY IMAGES

Boycotts were threatened. Irate tweets were posted.

NHL fans were fed up with labour strife updates and they weren't coming back to the sport they loved once the lockout was lifted.

Except that they did. In most U.S. homes and arenas, they came in record numbers, unable to stay away for that first faceoff.

Fans partied in Nashville, where $1 US hot dogs helped woo Predators supporters.

In Columbus, the Blue Jackets took the ice for warmups wearing jerseys numbered 1 with "Thank You Fans" printed on the back. The jerseys were then given to fans.

In Philadelphia, a city that hasn't sniffed a Stanley Cup parade since 1975, a record 19,994 fans showed up for the season opener against the Penguins.

You want couch potatoes with that?

Numbers from the first few days of action show fans flocking back to their TVs to watch the NHL.

- NBC's broadcast Saturday was the most-watched non-Winter Classic game in 14 years. It was regional coverage of the Chicago Blackhawks defeating the Los Angeles Kings and Pittsburgh's 3-1 win over Philadelphia. All told, 2.77 million viewers tuned in.
- It was the most-watched regular-season coverage on NBC since the network again began broadcasting the NHL in 2006, peaking at 3.82 million viewers.

And in Pittsburgh, Consol Energy Center was packed during a free intrasquad game last week. Just to make sure the fans will stay satiated — as if watching Sidney Crosby isn't enough — the Penguins are giving those in attendance during the first four home games vouchers for free food and dropping prices on team merchandise by 50 per cent.

Crosby wasn't surprised at how fans stuffed arenas around the NHL.

"I think it's great to see that we're still getting the turnout that we're getting," he said. THE ASSOCIATED PRESS

St-Pierre and Diaz to settle the score in champion's hometown

UFC. Canadian welterweight opted to defend title instead of fighting middleweight kingpin Silva

UFC welterweight champion Georges St-Pierre looks on during a news conference on Wednesday in Montreal. St-Pierre will fight Nick Diaz in UFC 158 on March 16. PAUL CHIASSON/THE CANADIAN PRESS

If there is unfinished business between welterweight king Georges St-Pierre and bad boy Nick Diaz, it will be settled at UFC 158 in Montreal on March 16.

UFC boss Dana White wanted to pit St-Pierre against Anderson Silva, a bout many fans have waited for, but the champion from Montreal asked for Diaz.

"Georges has been a great champion and he's been great for the company and if he wants another fight, we'll make it for him," White said Wednesday at a news conference attended by a throng of media and about 100 fans. "We knew Nick wanted the fight, so it worked out."

It will be the main event on a card that features six of the top-10 ranked welterweights.

The co-feature between St-Pierre's training partner Rory (Ares) MacDonald (14-1) and Carlos Condit (28-6) and another 170-pound bout pitting Johny Hendricks (14-1) against Jake Ellenberger (28-6) may help decide who St-Pierre's future opponents will be, if he stretches his winning streak to 11 by defeating Diaz.

"This is the big fight that people wanted to see, more than any other guy," said St-Pierre (23-2). "For me, Nick is the No. 1 contender.

"There's a history between us. We both wanted this fight for a long time. Let's do it."

The two were scheduled to square off nearly two years ago, but Diaz (27-8-1) was dropped from the bout when he failed to turn up at two promotional events.

St-Pierre mentioned he was glad to see Diaz present and accounted for.

"I'm just happy to get the show on the road," said Diaz, the former Strikeforce champion. THE CANADIAN PRESS

Fighting words

"It wasn't very professional on my part. I wanted to fight, but I had to learn my lesson."

Nick Diaz on failing to fulfill commitments prior to his previous scheduled fight against St-Pierre

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	9	4	4
New Jersey	2	2	0	0	5	1	4
NY Islanders	2	1	1	0	5	5	2
NY Rangers	2	0	2	0	4	9	0
Philadelphia	3	0	3	0	3	11	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	2	2	0	0	8	1	4
Buffalo	2	2	0	0	7	3	4
Boston	2	2	0	0	5	2	4
Toronto	2	1	1	0	3	3	2
Montreal	2	1	1	0	5	3	2

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	3	2	1	0	13	8	4
Winnipeg	3	1	1	1	6	8	3
Florida	3	1	2	0	6	9	2
Washington	2	0	2	0	5	10	0
Carolina	2	0	2	0	2	9	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	3	3	0	0	14	8	6
St. Louis	3	2	1	0	12	6	4
Nashville	3	1	0	2	8	8	4
Columbus	2	1	0	1	6	6	3
Detroit	3	1	2	0	5	11	2

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	3	2	1	0	6	5	4
Colorado	2	1	1	0	5	5	2
Edmonton	2	1	1	0	6	8	2
Vancouver	2	0	1	1	5	10	1
Calgary	2	0	2	0	5	9	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	10	4	4
Anaheim	2	2	0	0	12	7	4
Dallas	3	2	1	0	6	5	4
Phoenix	2	0	2	0	7	10	0
Los Angeles	2	0	2	0	3	8	0

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results
Toronto at Pittsburgh
Boston at NY Rangers
Columbus at Phoenix
Calgary at Vancouver

Tuesday's results
Chicago 3 St. Louis 2
Colorado 3 Los Angeles 1
Dallas 2 Detroit 1
Montreal 4 Florida 1
Nashville 3 Minnesota 1
New Jersey 3 Philadelphia 0
San Jose 6 Edmonton 3
Tampa Bay 4 Carolina 1
Winnipeg 4 Washington 2

Thursday's games
All Times Eastern
NY Islanders at Toronto, 7 p.m.
Montreal at Washington, 7 p.m.
Buffalo at Carolina, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Columbus at Colorado, 9 p.m.
Los Angeles at Edmonton, 9:30 p.m.
Phoenix at San Jose, 10:30 p.m.

Friday's games
Washington at New Jersey, 7 p.m.
NY Islanders at Boston, 7 p.m.
Carolina at Buffalo, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at Detroit, 7:30 p.m.
Pittsburgh at Winnipeg, 8 p.m.
Vancouver at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	2	4	6
Hossa, Chi	4	1	5
Marleau, SJ	4	1	5
Winnik, Ana	4	1	5
Tarasenko, STL	3	2	5
St. Louis, TBL	3	2	5
Kane, Chi	2	3	5
Couture, SJ	2	3	5
Conacher, TBL	2	3	5
Pominville, Buf	1	4	5
Koivu, Ana	1	4	5
Stamkos, TBL	1	4	5
Shattenkirk, STL	0	5	5
Thornton, SJ	0	5	5
Heatley, Min	3	1	4
Erat, Nash	2	2	4
Getzlaf, Ana	2	2	4

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	14	.641	1½
Indiana	26	16	.619	2
Brooklyn	25	16	.610	2½
Chicago	24	16	.600	3
Atlanta	24	18	.571	4
Milwaukee	22	18	.550	5
Boston	20	21	.488	7½
Philadelphia	17	25	.405	11
Detroit	16	25	.390	11½
Toronto	15	26	.366	12½
Orlando	14	27	.341	13½
Cleveland	11	32	.256	17½
Charlotte	10	32	.238	18
Washington	9	30	.231	17½

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	33	9	.786	—
San Antonio	33	11	.750	1
L.A. Clippers	32	11	.744	1½
Memphis	26	14	.650	6
Golden State	25	15	.625	7
Denver	25	18	.581	8½
Utah	22	19	.537	10½
Houston	22	21	.512	11½
Portland	20	21	.488	12½
Minnesota	17	21	.447	14
Dallas	18	24	.429	15
L.A. Lakers	17	24	.415	15½
Sacramento	16	26	.381	17
New Orleans	14	27	.341	18½
Phoenix	13	28	.317	19½

Note: division leaders ranked in top four positions regardless of winning percentage.

Wednesday's results
Atlanta 104 Charlotte 92
Toronto at Miami
Brooklyn at Minnesota
Denver at Houston
L.A. Lakers at Memphis
Detroit at Chicago
New Orleans at San Antonio
Washington at Utah
Indiana at Portland
Phoenix at Sacramento
Oklahoma City at Golden State

Tuesday's results
Cleveland 95 Boston 90
Detroit 105 Orlando 90
Milwaukee 110 Philadelphia 102
Oklahoma City 109 L.A. Clippers 97

Thursday's games
All Times Eastern
Toronto at Orlando, 7 p.m.
New York at Boston, 8 p.m.
L.A. Clippers at Phoenix, 10:30 p.m.

NFL. Seau family sues, claims league hid perils of repetitive blows to head

Junior Seau THE ASSOCIATED PRESS FILE

Add Junior Seau's family to the thousands of people who are suing the NFL over the long-term damage caused by concussions.

Seau's ex-wife and four children sued the league Wednesday, saying the former linebacker's suicide was the result of brain disease caused by violent hits he sustained while playing football.

The wrongful death lawsuit, filed in California Superior Court in San Diego, blames the NFL for its "acts or omissions" that hid the dangers of repetitive blows to the head. It says Seau developed chronic traumatic encephalopathy (CTE) from those hits, and accuses the NFL of deliberately ignoring and concealing evidence of the risks associated with traumatic brain injuries.

Seau died at age 43 of a self-inflicted gunshot in May. He was diagnosed with CTE, based on posthumous tests, earlier this month.

An Associated Press review in November found that more than 3,800 players have sued the NFL over head injuries in at least 175 cases as the concussion issue has gained attention in recent years. The total number of plaintiffs is 6,000 when spouses, relatives and other representatives are included.

Scores of the concussion lawsuits have been brought together before U.S. District Judge Anita B. Brody in Philadelphia.

"Our attorneys will review it and respond to the claims appropriately through the court," the NFL said in a statement Wednesday.

Helmet manufacturer Riddell Inc., also is a defendant, with the Seau family saying Riddell was "negligent in its design, testing, assembly, manufacture, marketing and engineering of the helmets" used by NFL players. The suit says the helmets were unreasonably dangerous and unsafe.

Riddell issued a statement saying it is, "confident in the integrity of our products and our ability to successfully defend our products against challenges." THE ASSOCIATED PRESS

NFL

Payton back at helm for Saints

New Orleans Saints coach Sean Payton likes to jot down to-do lists and notes on yellow pads.

Payton has had time to fill a nice stack of those this season. The Saints coach returned to work Wednesday following a nearly yearlong suspension for his role in the team's bounty program with some catching up to do.

The newly reinstated Payton watched the Senior Bowl practices and planned to meet later in the day with the staff to evaluate a defence that struggled during a 7-9 season and opened with four straight losses. Payton said there are plenty of challenges, from fixing the defence to replacing departed coaches and evaluating staff and players. Then, of course, there's getting ready for the draft and studying available free agents.

Payton told reporters that he and NFL Commissioner Roger Goodell agreed not to discuss specifics about whether there was an organized bounty system.

"It's time for us as a team, it's time for us as a league, to take this next step forward," Payton said. THE ASSOCIATED PRESS

Fake girlfriend hoax

Te'o asks 'What would you do?'

Notre Dame linebacker Manti Te'o admitted to Katie Couric he answered questions about his "dead," online girlfriend even after he received a call Dec. 6 from a woman posing as the fake person.

Te'o also maintained he played no part in the hoax.

Te'o claims he never met Kekua in person, but developed a serious relationship with her through phone calls and electronic messages.

"Katie, put yourself in my situation. I, my whole world told me that she died on Sept. 12," Te'o said in an interview to air Thursday on Couric's syndicated talk show. "Now I get a phone call on Dec. 6, saying that she's alive and then I'm going (to) be put on national TV two days later. And to ask me about the same question. You know, what would you do?"

The Heisman Trophy finalist made at least three references to his girlfriend in media interviews after Dec. 6, including during ESPN's Heisman presentation show on Dec. 8. THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
No matter how much of a livewire Aries you happen to be, there are only 24 hours in a day. If you want to do more in one area, you will have to do less in another. Start making plans right away.

♉ Taurus
April 21 - May 21
It's true that the higher you aim, the more challenges you will face but if you know what you want and if you believe in yourself there is nothing you cannot accomplish. Show the world what you're made of.

♊ Gemini
May 22 - June 21
Do something positive with your time and energy today. The Sun in your fellow Air sign of Aquarius raises your spirits and makes you believe that all things are possible. But it's still up to you to make the effort.

♋ Cancer
June 22 - July 23
The planets are making it easy for you to make difficult decisions. You know what needs to be done and you know if you don't do it no one else will either. You're clearly motivated to make a difference.

♌ Leo
July 24 - Aug. 23
Cosmic activity in your opposite sign means you must take other people's opinions into account now. If you put your own ego needs first, you can expect to meet some stiff opposition over the next few days.

♍ Virgo
Aug. 24 - Sept. 23
The Sun in the wellbeing area of your chart means you have to be a bit more sensible about what you do and how you do it. It's totally OK to work hard, but not so hard that you run yourself into the ground. That's never OK.

♎ Libra
Sept. 24 - Oct. 23
Creatively and romantically the next few weeks are going to be a lot of fun, so set your sights high and don't let anyone tell you that you are expecting too much from life. You'll get all you desire and more.

♏ Scorpio
Oct. 24 - Nov. 22
You need to pay attention to what loved ones are trying to tell you. Being a Scorpio, it's quite easy for you to switch off and ignore those around you but if you do that now you'll mess up big time.

♐ Sagittarius
Nov. 23 - Dec. 21
Over the next few days you will find that things start going your way for a change, which in turn will make you feel happier about life generally. Sagittarians who enjoy meeting new people will be in their element.

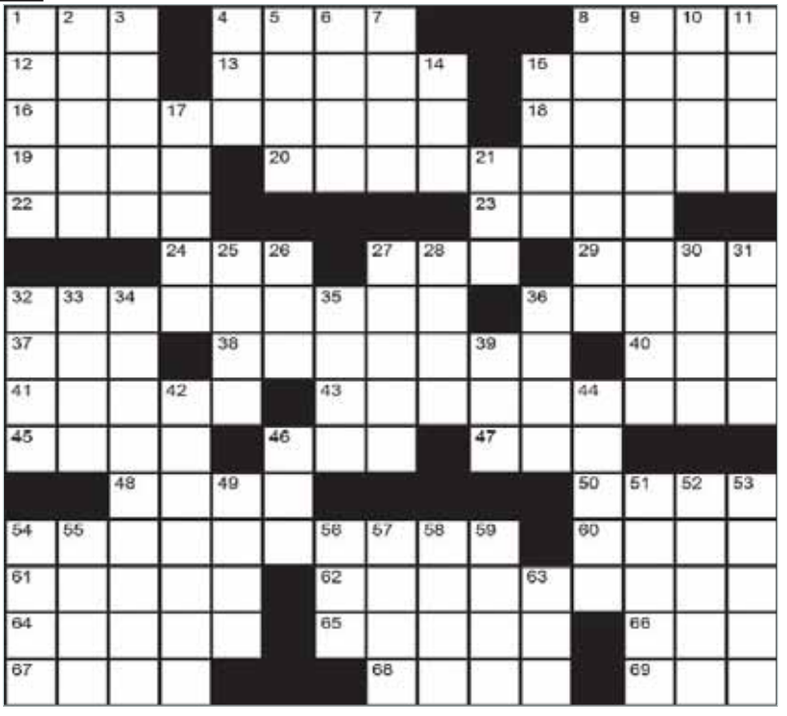
♑ Capricorn
Dec. 22 - Jan. 20
You've had a lot of ideas and started a lot of new projects in recent weeks. But if you want to be successful, you must be selective. Commit yourself to a single ambition and focus all your energies in that direction.

♒ Aquarius
Jan. 21 - Feb. 19
Forget everything that has gone before because the only thing that matters is what comes next. The Sun in your sign means a new start is possible, and the sooner you begin the sooner you will be smiling again.

♓ Pisces
Feb. 20 - March 20
You feel more deeply than others but that can sometimes put you at a disadvantage. For the remainder of the week, you need to use your head more. Logic is as important as intuition. SALLY BROMPTON

Crossword: Canada Across and Down

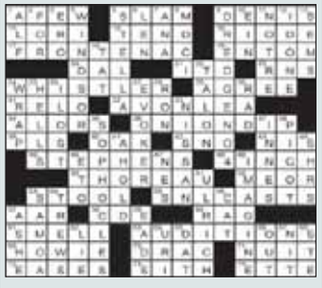
BY KELLY ANN BUCHANAN



Across
1. ___ T (Perfectly suited)
4. Dime, for one
8. "Star Trek: Deep Space Nine" role
12. Sort of tide
13. Year: French
15. Company in 2001 headlines
16. Participant in MuchMusic's 'Search': 2 wds.
18. "Dead __ Society" (1989)
19. "Ouch!"
20. Tragically Hip singer: 2 wds.
22. French 101 verb
23. Strait of Belle __
24. Catch
27. Barley bristle
29. Danish shoe brand
32. Village in Harry Potter's world
36. Old Testament hymn
37. Lettered grocery store
38. Canadian hurdling champion Ms. Felicien
40. Narrow inlet
41. Actress Ms. Ward's
43. Canadian ballet star: 2 wds.
45. Poivres partners
46. Toronto Stock Exchange, cool-style
47. Floral necklace
48. Prefix with 'sphere'
50. Grate
54. Canadian-invented dessert: 2 wds.
60. Preposition
61. 'Weird Al' Yankovic hit: 2 wds.
62. Leonardo da Vinci drawing, __ Man
64. Ballet class handrail
65. SNL alum Cheri
66. Bdwy. musical, with Les
67. Country singer Collin
68. Make money
69. Verdi aria: "__ Tu"

Down
1. Topol's "Fiddler on the Roof" (1971) role
2. __ d'art
3. Don't like at all
4. Ottawa, e.g.
5. Blood type, _ __.
6. Bit of knowledge
7. Prefix to 'ologist'
8. Beyonce's last name
9. "Fame" (1980) star: 2 wds.
10. __ de boeuf
11. L'__ aux Meadows
14. Yore
15. Heroic verse
17. Movie actor Mr. Wilson's
21. Clamour
25. Rocker's li'l speakers
26. Bzzz-er
27. Type of antelope
28. Figure skater Johnny
30. Old Rome's 152
31. Sultanate of __
32. Kitty's sound effect
33. Arch type
34. Valour
35. Noah-style boats
36. Window piece
39. Address book no.
42. Fred of dance
44. Russian ballet company
46. Canuck comic Mr. Green
49. Bitty bug
51. Cartoon style of Japan
52. Step
53. Investment fraud scheme
54. Omaha, __.
55. Small battery size
56. Lacto-__ vegetarian
57. Chomp
58. Over-fed = ___ lot
59. Keyboard letter, but it's stuck
63. 'Peng' tail?

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4			5		2			
3	6						1	8
	5			3		4		
	3		8	5				9
		8				7		
5				9	1		3	
		7		2			6	
9	1						8	5
			3		9			7

Yesterday's Sudoku

7	2	4	6	1	9	8	3	5
9	1	6	8	3	5	4	7	2
8	5	3	4	2	7	1	9	6
1	3	8	7	5	6	2	4	9
4	7	5	1	9	2	6	8	3
2	6	9	3	4	8	7	5	1
5	4	2	9	7	1	3	6	8
3	8	1	5	6	4	9	2	7
6	9	7	2	8	3	5	1	4

Today
-18°/-27°
Sunny
Friday
-16°/-21°
Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Read metro your money every Tuesday for financial tips, trends and advice.
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Nepean
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Carlingwood Shopping Centre
Lincoln Fields Mall

Ottawa
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173 Montreal Rd
246 Bank St.

Authorized Dealers

Cellular X Zone:
Billings Bridge Shopping Centre

Dullo Wireless:
1414 Walkley Rd
IGO Cyber House Inc:
223 Bank St

City Mobile:
TNT Supermarket 224 Hunt Club Rd, Unit B